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VEGETARIAN COOKERY

BY THE SAME AUTHOR

KING EDWARD'S
COOKERY BOOK

Eleventh Impression

Crown 8vo., 348 pp.

LONDON: EDWARD ARNOLD

VEGETARIAN COOKERY

BY

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SIXTH IMPRESSION



LONDON
EDWARD ARNOLD

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PREFACE

THIS book is written for those who from principle wish to abstain from meat, as well as for the many who, from reasons of health, are obliged to reduce the proportion of it in their daily diet.

All animal food has not been excluded, since eggs, butter, cream, milk, and cheese form a large part of most of the recipes. Great care has been taken in the composition of them, so that the dishes should be both wholesome and nourishing, and as far as possible the use of dietetic foods has been avoided, as they are often difficult to procure.

Every recipe has been carefully tested to insure accuracy, and the methods have been written in the simplest form, so that they may be easy to follow.

A special feature of the book is the large number of vegetable soufflés and creams.

At the end of the first chapter will be found two sets of menus, one simple and one more elaborate. The recipes of the puddings and sweets mentioned in them

will be found in Chapter XV., as well as a few new and original ones.

Any recipes for puddings and sweets found in ordinary cookery books can be adapted by using butter and nut-butter instead of suet, so it has been thought advisable not to devote more space to them.

Strict vegetarians, who do not care to use the ordinary leaf gelatine, may get a special preparation, called raga.

Full directions for use are given with each packet.

FLORENCE A. GEORGE.

KING EDWARD VI.'S HIGH SCHOOL
FOR GIRLS, BIRMINGHAM,
January, 1912.

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VEGETARIAN COOKERY

CHAPTER I

NOTE ON VEGETARIAN FOODS AND MENUS

In a daily diet three classes of foods are necessary :

1. Nitrogenous or flesh-forming foods.
2. Carbonaceous or heat-giving foods.
3. Mineral or bone-forming foods. In this class water is included.

In a perfect diet these three classes of foods must be in proper proportion, and be presented in a wholesome, digestible, and appetizing form. An average amount of these foods is 4 oz. of nitrogenous to 1 lb. of carbonaceous, and $3\frac{1}{2}$ pints of water a day. But this will vary with the climate, and also with the age and occupation of the individual.

The nutrients of vegetable and animal foods are closely allied, but the proportions are very different. Most vegetables are deficient in nitrogenous matter, while meat, fish, and poultry are all rich in it; so that in a diet from which these are excluded the nitrogenous matter must be supplied in some other form. The chief nitrogenous foods, therefore, available for vegetarians are eggs, cheese, milk, products of wheat, oatmeal, and

pulse. In the latter the nitrogenous matter is highly concentrated, and should only be taken in small quantities. Any dish which contains these will be found very sustaining.

Vegetable foods are rich in carbonaceous matter, with the exception of fats, which are only present in very small quantities, except in nuts. Green vegetables, roots and tubers, and fruits, contain a very large proportion of water as well as valuable salts, which purify the blood. Although a large amount of water is necessary in a healthy diet, care must be taken not to exceed this. There is a certain percentage of water in the driest of foods, but in green vegetables, roots, and tubers, and most fruits, it is the principal constituent; therefore less water will be required as a beverage in a diet which consists chiefly of these.

Good bread is very important. Wholemeal bread contains more nitrogenous matter than white, but it is more difficult to digest. Home-made bread is much more wholesome, and will keep moist for three or four days if good flour is used. The best flour to use is English seconds, but it is not always possible to obtain it. Seconds flour is much yellower in colour, and contains more nitrogenous matter, than biscuit-flour, which is quite unsuitable for bread-making.

The most important foods are :

Nitrogenous.—Eggs, cheese, milk, products of wheat, oatmeal, and pulse.

Carbonaceous.—Butter, cream, oil, nuts, sugar, rice, sago, cornflour, and potatoes.

Mineral.—Common salt, iron, phosphates, and potash salts.

SIMPLE MENUS FOR A WEEK.

Sunday.

Breakfast.—Porridge, boiled eggs, wholemeal bread, milk rolls, butter, marmalade, fresh fruit.

Dinner.—Mushroom pie (No. 1), cauliflower, macaroni cheese, black-currant sponge.

Supper.—Stewed butter beans, stewed fruit, wheat crystal mould, cheese and biscuits.

Monday.

Breakfast.—Eggs with tomatoes, dry toast, scones, butter, honey.

Dinner.—Curried vegetables, boiled rice, potatoes, boiled fruit pudding.

Supper.—Boiled Spanish onions, brown bread and butter, semolina cakes.

Tuesday.

Breakfast.—Porridge, baked mushrooms, wholemeal bread and butter, marmalade, stewed fruit.

Dinner.—Roast chicken, bread sauce, potatoes, Brussels sprouts, junket and cream.

Supper.—Potato and cauliflower pie, tartlets, baked custard.

Wednesday.

Breakfast.—Porridge, baked tomatoes, toast, wholemeal bread, butter, marmalade, fresh fruit.

Dinner.—Celery soup, casserole of colcannon, wholemeal pudding.

Supper.—Vegetable Irish stew, cabinet pudding.

Thursday.

Breakfast.—Porridge, Swiss eggs, wholemeal bread and butter, oat cakes, marmalade.

Dinner.—Stewed macaroni and celery, potatoes, cabbage, fruit pudding and cream.

Supper.—Baked potatoes, salad, rice pudding.

Friday.

Breakfast.—Porridge, vegetable pasties, wholemeal bread and butter, marmalade.

Dinner.—Tomato roll, potatoes, spinach, orange and banana custard.

Supper.—Lentil croquettes, Betsy pudding.

Saturday.

Breakfast.—Porridge, spinach and eggs, wholemeal bread and butter, and marmalade.

Dinner.—Butter beans à la maître d'hôtel, potatoes, curly greens, fresh fruit.

Supper.—Scalloped mushrooms, apple charlotte and custard.

MENUS FOR SEVEN DAYS.**Sunday.***Dinner.*

Asparagus soufflé.

Vegetable pudding.
Spring cabbage.

Coffee cream.

Dessert.

Supper.

Spinach soup.

Macaroni and tomato sauce.
Vegetable cornets.

Sponge-cake pudding.
Lemon jelly.

Monday.*Lunch.*

Macaroni cheese.

Spinach and eggs.

Stewed damsons and
cream.

Dinner.

White soup.

Casserole of butter beans and
tomatoes.

Asparagus and Hollandaise
sauce.

Banana trifle.

Tuesday.

Lunch.

Butter beans à la
Hollandaise.

Cornish pasties

Hasty pudding.
Damson jelly.

Dinner.

Clear soup with asparagus
garnish.

Timbale of rice with curried eggs.

Cauliflower au gratin.

Gooseberry tart.

Wednesday.

Lunch.

Mulligatawny soup garnished
with rice-balls.

Tomato pie.

Wholemeal pudding.

Dinner.

Stuffed eggs.

Vol-au-vent of seakale.

Roast chicken, bread sauce,
Brussels sprouts, potatoes.

Orange custard.

Thursday.

Lunch.

Scalloped eggs and
potatoes.

Baked tomatoes.

Raspberry pyramid.

Dinner.

Green pea soup.

Butter-bean cutlets.

Mushroom pie (No. 2).
Vegetable marrow.

Fruit salad.

Friday.

Lunch.

Cheese soufflé.

Lentil pudding.

Onion sauce.

Potatoes.

Stewed fruit and
cream.

Dinner.

Tomato soup.

Green-pea cream.

Galantine (hot).

Potatoes.

Honeycomb pudding.

Saturday.

*Lunch.*Curried eggs.

Jam roly-poly

Cheese and biscuits.

*Dinner.*Celery soup.

Mushroom and egg croquettes.

Cream of artichokes and
butter beans.

Stuffed tomatoes.

Fruit

CHAPTER II

STOCKS AND SOUPS

NOTES ON STOCK.

IN vegetarian cookery stock is made from pulse, such as butter beans, lentils, and haricots, and flavoured with vegetables, such as carrot, onion, and celery, and perhaps turnip, with or without herbs, as the case may be.

The stock will be a better flavour and colour if the vegetables and herbs are first fried in butter.

The pulse must be soaked for several hours, and afterwards cooked in the water in which it was soaked.

Vegetable stock does not require as many hours' cooking as meat and bone stock. It should only be cooked until the beans or lentils are tender, for if cooked too long, the pulse will break up and cloud the stock, and the finest flavour will be destroyed.

The beans and lentils may be used in many of the dishes where cooked beans and lentils are required.

One pound of beans or lentils weighed before they are soaked will weigh 2 lb. after they are cooked.

Stock for clear soup and aspic jelly should be made the day before it is wanted, so that all the fat may be removed from the top before it is cleared.

The water in which pulse and vegetables have been boiled will contain much that is valuable as food in

the way of mineral matter and salts of various kinds. Celery water is specially good for rheumatism.

The water in which peas, kidney beans, broad beans, spinach, asparagus, etc., have been boiled should be used up in soups, sauces, and stews.

Also the water in which farinaceous foods have been cooked, such as rice, macaroni, etc.

Water in which cabbage, greens, and parsnips have been boiled should be thrown away.

Barley Stock.

2 oz. barley.

1 quart water.

$\frac{1}{2}$ teaspoonful salt.

Put the barley, water, and salt into a saucepan. Bring to boiling-point. Skim. Simmer gently for one hour. Strain.

Butter-Bean Stock.

$\frac{1}{2}$ lb. butter beans.

3 quarts water.

1 teaspoonful salt.

1 oz. onion.

1 oz. carrot.

1 oz. celery.

Wash the beans, and soak them in 1 quart of water all night. Skin them, and tie them up in muslin. Put them into a saucepan with the skins and the water in which they were soaked, and 2 quarts besides. Add the salt, bring to boiling-point. Skim and add the vegetables. Boil gently for two hours. Take out the beans, strain, and the stock is ready for use.

The beans may be used in various ways.

Stock for Clear Soup.

1 lb. butter beans.	2 oz. celery.
2 quarts water.	1 oz. parsley.
6 oz. onion.	2 teaspoonfuls salt.
4 oz. leeks.	1 small bay-leaf.
6 oz. turnips.	1½ teaspoonfuls dried herbs.
6 oz. carrot.	2 oz. butter.

Wash the beans, and soak all night in 3 pints of water. Tie up in muslin. Cut up the carrot, turnip, onion, celery, leeks, and parsley, into small pieces, and fry in the butter. Add the beans, the water in which they were soaked, the salt, and the herbs and bay-leaf tied in muslin. Bring slowly to boiling-point; then add the remaining pint of water, and simmer for two hours. Strain through a hair-sieve, and leave till the next day.

German Lentil Stock.

½ lb. German lentils.	1 teaspoonful celery-seed.
3 pints water.	1 oz. butter.
4 oz. carrot.	1 teaspoonful salt.
4 oz. onion.	

Soak the lentils all night, then put them in a muslin bag. Cut the carrot and onion into small pieces, and fry in the butter till brown. Add the lentils and the water in which they were soaked, the salt and celery-seed. Boil for two hours, then strain.

Lentil Stock.

½ lb. lentils.	Small piece of bay-leaf.
3 quarts cold water.	1 teaspoonful salt.
1 onion.	

Wash the lentils; soak them in 1 quart of water all night. Tie them in muslin, and put them into a sauce-

pan with the water in which they were soaked, and 2 quarts besides. Add the salt. Bring to boiling-point; skim. Add the onion and bay-leaf; boil for two hours. Take out the lentils, strain, and it is ready for use.

The lentils may be used in various ways. If for croquettes or paste, squeeze them as dry as possible before taking them out of the muslin.

Artichoke Soup.

1½ lb. artichokes or trimmings.	1 pint milk.
1½ oz. butter.	1 oz. flour.
1 quart water, or water in which artichokes have been boiled (see p. 119).	Seasoning of pepper and salt.

Wash and peel the artichokes, and cut them into small pieces. Sauté them in butter for five minutes; add the boiling water, and cook until the artichokes are tender—about twenty minutes. Rub through a hair-sieve; return to the saucepan. Mix the flour smoothly with a little of the milk, and add it to the soup when boiling; cook for five minutes. Add the rest of the milk. Season and serve.

Asparagus Soup.

½ lb. asparagus.	1¼ oz. crème de riz.
1 oz. butter.	½ pint milk.
1 quart boiling water.	Pepper.
1 teaspoonful salt.	

Trim and scrape the asparagus, and cut off the heads. Cut the rest up roughly, and sauté in the butter for five minutes. Add the boiling water and salt; cook until tender. Rub through the sieve. Return to the sauce-

pan, add the asparagus heads, and boil for ten minutes. Mix the crème de riz with the milk, and add it to the soup; cook for twenty minutes. Add a little pepper, and more salt if necessary. Serve.

Beetroot Soup.

1 lb. cooked beetroot.	1 oz. butter.
2 oz. celery.	$\frac{1}{2}$ pint water.
2 oz. onion.	$1\frac{1}{2}$ pints milk.
1 oz. carrot.	2 oz. flour.

Cut the beetroot into small pieces, and cook with the other vegetables in the butter for five minutes. Add the water, and cook for thirty minutes. Remove the onion, celery, and carrot, and rub the beetroot through a hair-sieve. Mix the flour smoothly with a little milk, and boil the rest. Stir in the flour, and cook for ten minutes. Add the beetroot; boil up. Season and serve.

Butter-Bean Soup.

$\frac{1}{2}$ lb. butter beans.	2 sticks of celery.
1 quart cold water.	$\frac{1}{2}$ oz. butter.
4 oz. Spanish onion.	$\frac{1}{2}$ oz. flour.
4 oz. turnip.	$\frac{1}{2}$ pint milk.
3 oz. carrot.	Salt and pepper.

Wash the beans, and soak them all night in the water. Put them into a saucepan, and when boiling add the other vegetables and $\frac{1}{2}$ teaspoonful salt. Cook until the beans are tender—about two hours. Remove the carrot, turnip, onion, and celery, and rub the beans through a sieve. Melt the butter, mix in the flour, add the milk, and cook for ten minutes. Add the beans; bring to boiling-point. Season and serve.

Carrot Soup (No. 1).

1 lb. carrot.	$\frac{1}{2}$ oz. flour.
$\frac{1}{2}$ oz. onion.	1 pint milk.
1 oz. butter.	Salt and pepper.
1 pint boiling water.	

Cut the carrots and onions into small pieces, and cook them in the butter for five minutes. Add the water; cook until the vegetables are tender. Rub through a hair-sieve. Return to the saucepan. Mix the flour smoothly with a little of the milk, add the rest of the milk to the carrot, etc., and boil up. When boiling, add the flour. Cook for ten minutes. Season and serve.

Carrot Soup (No. 2).

12 oz. carrot.	1 oz. butter.
4 oz. onion.	1 quart stock.
2 oz. leeks.	$1\frac{1}{2}$ oz. crème de riz.
8 oz. turnip.	$\frac{1}{2}$ pint milk.
4 oz. celery.	1 yolk of egg.
Bouquet of herbs.	$\frac{1}{2}$ gill cream.

Cut the vegetables into slices, using only the red part of the carrot, and fry in the butter to a golden brown. Add the stock, and cook for one and a half hours. Mix the crème de riz with a little milk and add it; cook for twenty minutes. Rub through a hair-sieve. Return to the saucepan with the milk and boil up. Mix the eggs and cream together, and add to the soup, taking care not to curdle them. Cook for a few minutes. Season and serve.

Cauliflower Soup.

1 cauliflower (about 1 lb.).
2 pints barley stock (see
p. 8).
1 oz. butter.

1 oz. flour.
 $1\frac{1}{2}$ pints milk.
Salt and pepper.
Grated cheese if liked.

Prepare the cauliflower, and cut it into small pieces. Cook in boiling water for five minutes; strain. Put the cauliflower into a saucepan with the barley stock, which should be *boiling*. Cook until tender, then rub through a sieve. Melt the butter in a saucepan, stir in the flour, add the milk and cauliflower purée, stirring all the time until it boils. Cook for five minutes. Add the seasoning of pepper and salt, and cheese if used. Serve.

Celery Soup.

1 head of celery (weighing
14 oz. when washed and
trimmed).
 $\frac{1}{2}$ oz. onion (chopped).

$\frac{1}{2}$ oz. butter.
1 pint boiling water.
 $\frac{1}{2}$ oz. flour.
1 pint milk.

Cut the celery into small pieces, and cook it for five minutes in the butter with the onion. Add the water, and boil until the celery is tender. Rub through a hair-sieve. Mix the flour smoothly with a little of the milk, add the rest of the milk to the celery, and boil up. Stir in the flour; cook for ten minutes. Season and serve.

Celery Cream Soup.

$1\frac{1}{2}$ pints liquid from stewed
macaroni and celery No. 1
(see p. 87).

$\frac{3}{4}$ oz. crème de riz (Groult's).
1 yolk of egg.
Salt and pepper.

Mix the crème de riz with a little of the cold liquid; put the rest of the liquid on to boil; when boiling, add

the crème de riz, and cook for ten minutes. Put the yolk of egg into a basin with a tablespoonful of milk. Add the soup gradually. Return it to the saucepan, and cook for one or two minutes, taking care not to let it boil. Season and serve.

Chestnut Soup.

2 pints 'butter bean' stock
(see p. 8).
1½ oz. chestnut flour
(Groult's).

½ oz. cornflour.
½ pint milk.
Salt.

Mix the cornflour and chestnut flour very smoothly with the cold milk, and add this to the stock when it boils, stirring well all the time. Cook for ten minutes. Season and serve.

Clear Soup.

Stock for clear soup (see
p. 9).
1 whole egg, and 1 white
and shell.

1 oz. carrot.
2 oz. celery.
½ oz. shalot.

Remove all the fat from the stock. Cut the celery into 3-inch lengths, but leave the other vegetables whole. Place them in a clean saucepan with the stock, the egg-shells (crushed) and the eggs beaten. Stir with a whisk over a good fire until boiling. Simmer very slowly for half an hour. Strain through a scalded tea-cloth.

Green-Pea Soup (No. 1, Purée).

2 lb. peas	Pepper and salt.
1 quart boiling bean stock.	1 teaspoonful cornflour.
1 oz. butter.	1 gill milk.
1 spinach leaf.	1 gill cream.
1 sprig mint.	

Shell the peas, wash and string the pods, and put them into a saucepan with 1 quart of boiling stock. Cook for thirty minutes, and then strain.

Put the butter into the saucepan, add the peas, the spinach leaf, and the mint. Sauté these for about five minutes, then add the stock the pods were cooked in, and cook until the peas are tender. Rub through a hair-sieve. Return to the saucepan, add the pepper and salt. Add the cornflour, mixed with the milk; boil for five minutes; then add the cream. Serve.

Green-Pea Soup (No. 2, Purée).

1 quart pea-shells.	Salt and pepper.
1 quart bean stock.	1 teaspoonful sugar.
1 onion.	1 oz. butter.
1 sprig of mint.	$\frac{1}{2}$ oz. flour.
Pinch of bicarbonate of	$\frac{1}{2}$ pint milk.
soda.	1 gill cooked peas.

Wash and string the pea-shells. Put the stock into a saucepan; when boiling, add the pea-shells, onion (sliced), mint, soda, salt, and sugar. Simmer until the shells are tender—about thirty minutes. Rub through a sieve. Melt the butter, mix in the flour, add the milk, cook for ten minutes. Add the pea purée and the peas. Boil up. Season and serve.

Leek Soup.

$\frac{1}{2}$ lb. leeks.
 $\frac{1}{2}$ lb. potatoes.
 1 oz. butter.

1 quart boiling water.
 Salt and pepper.

Wash and trim the leeks, and cut them into slices. Cut the potatoes into pieces about the size of a small walnut. Cook the vegetables for five minutes in the butter. Add the water, and cook until the leeks are tender and the potatoes break up—about one hour. Season and serve.

N.B.—If liked, a few thin slices of milk roll or light tin bread may be put into the tureen before the soup is poured in.

Lentil Soup (Purée).

$\frac{1}{2}$ lb. lentils (Egyptian or German).
 $\frac{1}{4}$ lb. Spanish onion.
 $\frac{1}{4}$ lb. turnip.
 3 oz. carrot.
 2 sticks of celery.

$\frac{1}{2}$ oz. butter.
 1 quart cold water.
 Pepper and salt.
 $\frac{1}{2}$ oz. flour.
 $\frac{1}{2}$ pint milk.

Wash the lentils, and soak all night in the water. Prepare the vegetables, and cut them up. Cook for five minutes in the butter, add the lentils, the water in which they were soaked, and salt. Bring to boiling-point, skim, and simmer for two hours. Rub through a sieve. Return to the saucepan, and bring to boiling-point. Mix the flour smoothly with the milk, add it to the soup, and cook for ten minutes. Season and serve.

Lentil Cream Soup.

1 pint lentil stock (see
p. 9).
1 yolk of egg.

1 gill cream.
Salt and pepper.

Put the stock on to boil. Mix the yolk of egg and the cream together. Add the boiling stock gradually, stirring all the time. Return to the saucepan, and cook for about five minutes. Season and serve.

Mulligatawny Soup.

$\frac{3}{4}$ lb. butter beans.
1 oz. carrots, turnips, and
celery.
3 pints water.
1 level teaspoonful salt.
2 oz. Spanish onion (chopped).
Small piece of bay-leaf.

Parsley.
3 oz. apple (chopped).
3 oz. tomato (sliced).
 $1\frac{1}{2}$ teaspoonfuls curry-powder.
2 teaspoonfuls lemon-juice.
 $\frac{1}{2}$ oz. cornflour.
 $\frac{1}{2}$ pint milk.

Soak the beans all night in water; put them on to cook; when boiling, add the carrot, turnip, and celery. Cook until the beans are tender, then remove the carrot. Fry the onion in the butter, with the bay-leaf and parsley. Add the apple and tomato; sprinkle over the curry-powder. Stir over the fire for a few minutes, taking care it does not burn; then add the curry-paste, chutney, flour, and lemon-juice. Add the butter beans, etc. Cook slowly for one hour. Rub through a sieve. Reheat, and serve with boiled rice.

Onion Soup.

$\frac{1}{2}$ lb. Spanish onion.	1 oz. patent groats.
$1\frac{1}{2}$ oz. butter.	1 quart milk.
$\frac{1}{2}$ pint barley stock (see p. 8).	Salt and pepper.

Cut the onion into thin slices, and fry it in the butter to a golden brown. Add the barley stock, and cook for twenty minutes. Mix the groats smoothly with a little of the milk, and boil the rest. When boiling, add the groats, and boil for ten minutes. Add to the onion. Season and serve.

Potato Soup (Purée).

$\frac{3}{4}$ lb. sliced Spanish onion.	2 pints stock.
$1\frac{1}{2}$ oz. butter.	2 pints milk.
$1\frac{1}{2}$ lb. potatoes.	$\frac{1}{2}$ oz. cornflour.
Bunch of herbs.	2 yolks of eggs.

Fry the onion until brown in the butter; add the potatoes, herbs, stock, and milk. Cook until the vegetables are tender. Rub through a hair-sieve. Return to the saucepan and boil up. Mix the cornflour with a little cold milk, and add to the soup. Cook for ten minutes, then add the yolks of eggs. Cook for a few minutes. Season and serve.

Scotch Broth.

3 oz. barley.	1 oz. turnips.
3 pints water.	1 oz. onions or leeks.
4 peppercorns.	1 oz. celery.
$\frac{1}{2}$ teaspoonful salt.	$\frac{1}{4}$ pint peas (fresh or bottled).
1 oz. carrots.	3 teaspoonfuls chopped parsley.

Put the barley, water, peppercorns, and salt into a saucepan, and boil for one hour. Strain. Put the water

and 2 tablespoonfuls of the barley back into the saucepan. Cut up the carrot, turnip, and onion into small dice, and the celery and leek into slices, and add them, with the peas, to the barley, etc. Cook until the vegetables are tender. Add the parsley, and serve.

If bottled peas are used, they should not be added until the vegetables are tender.

Seakale Soup (No. 1).

1 lb. seakale.	1 yolk of egg.
1 oz. butter.	$\frac{1}{2}$ gill cream.
1 pint boiling water.	Salt and pepper.
1 pint milk.	

Wash and trim the seakale, cut it into small pieces, and cook for five minutes in the butter. Add the water, and bring to boiling-point. Add the milk, and cook until the seakale is tender—about one hour. Mix the egg and cream together; add it to the soup, taking care that it does not curdle. Cook for a few minutes. Season and serve.

Seakale Soup (No. 2, Purée).

1 lb. seakale.	$\frac{1}{2}$ oz. flour.
$\frac{1}{2}$ oz. butter.	1 pint milk.
1 pint boiling water.	

Cut the seakale into small pieces, and cook in the butter for five minutes. Add the water, and cook until the seakale is tender. Rub through a sieve. Mix the flour smoothly with a little cold milk. Put the rest of the milk and the seakale into a saucepan; when boiling, add the flour. Cook for ten minutes. Season and serve.

Semolina Soup.

$1\frac{1}{2}$ pints lentil stock (see p. 9).

$1\frac{1}{2}$ oz. semolina.

Salt.

Put the stock into a saucepan ; when boiling, sprinkle in the semolina. Cook for twenty minutes. Season and serve.

Spinach Soup (No. 1).

1 quart liquid from boiled
spinach (see p. 136).

1 oz. butter.

1 oz. flour.

$\frac{1}{2}$ pint milk.

Melt the butter; stir in the flour. Add the milk gradually, mix well, and cook for ten minutes. Add the spinach liquid ; boil up. Season and serve.

Spinach Soup (No. 2).

1 quart liquid from boiled
spinach (see p. 136).

2 yolks of eggs.

$\frac{3}{4}$ oz. cornflour or crème de
riz (Groult's).

$\frac{1}{2}$ pint milk.

Mix the flour or crème de riz smoothly with a little of the cold spinach liquid. Put the rest into a saucepan, and, when boiling, add the cornflour to it, and cook for ten minutes. If crème de riz is used, it must cook for twenty minutes. Mix the yolks of eggs and milk together, and add them to the soup. Cook for a few minutes longer, taking care not to curdle the egg. Season and serve.

Spinach Soup (No. 3, Purée).

1 lb. spinach.
1 quart boiling water.
1½ oz. butter.

1½ oz. flour.
½ pint milk.

Wash and pick the spinach; put it into the boiling water with a little salt. Boil with the lid off until the spinach is tender—about ten minutes. Rub through a hair-sieve. Melt the butter in a saucepan, stir in the flour, add the milk gradually. Cook for five minutes. Add the spinach purée. Boil up. Season and serve.

Spinach Cream Soup.

1 quart liquid from boiled spinach (see p. 136).
3 yolks of eggs.
1 gill cream.

Boil the spinach liquid. Mix the yolks of eggs and cream together; add to them a little of the hot liquid, and then return to the saucepan. Cook for a few minutes, taking care not to curdle the eggs. Season and serve.

Tapioca Soup.

1 pint bean stock (see p. 8).
¼ oz. tapioca (Groult's).
Seasoning.

Put the stock into a saucepan. When boiling, sprinkle in the tapioca. Cook for thirty minutes. Season with pepper and salt.

Tomato Soup (No. 1).

$\frac{1}{2}$ tin tomatoes or 1 lb. fresh tomatoes.	$\frac{1}{2}$ oz. onions.
1 quart barley stock (see p. 8).	1 teaspoonful cornflour.
1 oz. carrots.	$\frac{1}{2}$ teaspoonful sugar.
	Salt and pepper.

Put the tomatoes, stock, carrot and onion into a saucepan (if fresh tomatoes, cut them up first). Bring to boiling-point. Skim and cook without the lid for half an hour. Remove the carrot and onion, and rub the tomato, etc., through a wire-sieve. Return to the saucepan, and, when boiling, add the cornflour, mixed smoothly with a little cold water. Boil for ten minutes. Season and serve.

Tomato Soup (No. 2).

$\frac{1}{2}$ tin tomatoes or 1 lb. fresh tomatoes.	$\frac{1}{2}$ oz. tapioca (Groult's).
1 quart butter bean stock.	$\frac{1}{2}$ teaspoonful sugar.
	Pepper and salt.
	Cheese-balls.

Put the tomatoes and stock into a saucepan, and boil for fifteen minutes (if fresh tomatoes are used, they should be sliced first). Rub through a sieve. Return to the saucepan, and bring to boiling-point. Add the tapioca, and cook for half an hour. Season and serve with cheese-balls.

Tomato Soup (No. 3).

$\frac{1}{2}$ tin tomatoes or 1 lb. fresh tomatoes.	1 pint milk.
$\frac{1}{2}$ oz. onion (chopped).	$\frac{1}{2}$ oz. flour.
1 oz. butter.	$\frac{1}{2}$ teaspoonful sugar.
1 pint water (boiling).	Salt and pepper.

Melt the butter in a saucepan, and cook the onion in it for five minutes. Add the tomatoes and water, and

cook for thirty minutes. If fresh tomatoes are used, they should be sliced up, and cooked in the butter with the onion. Rub the tomatoes through a sieve. Mix the flour smoothly with a little of the milk, and put the rest into the saucepan. When boiling, add the flour, and cook for ten minutes. Add the tomato. Boil up. Season and serve.

Tomato Soup (No. 4).

1 oz. groats.		$\frac{1}{2}$ pint water.
$1\frac{1}{2}$ pints milk.		Tomato sauce (see p. 36).

Mix the groats smoothly with a little of the milk. Put the rest into a saucepan with the water. When boiling, add to the moistened groats. Return to the saucepan, and cook well for ten minutes, stirring all the time. Add the tomato sauce. Boil up. Season and serve.

Vermicelli Soup.

1 quart clear soup (see p. 14).
1 oz. vermicelli.

Break the vermicelli into short lengths, and cook in the boiling soup until tender, and then serve.

White Soup (Pureé).

1 lb. potatoes.		$1\frac{1}{2}$ pints boiling water.
2 leeks or $\frac{1}{4}$ lb. Spanish onion.		Salt and pepper.
2 sticks of celery.		1 pint milk.
$\frac{3}{4}$ oz. butter.		$\frac{1}{2}$ oz. flour.
		$\frac{1}{2}$ gill cooked green peas.

Cut the vegetables into small pieces, and cook in the butter for five minutes. Add the water, bring to boiling-

point, skim, and add $\frac{1}{2}$ teaspoonful salt. Simmer until the vegetables are tender—about thirty minutes. Rub through a sieve. Mix the flour smoothly with a little of the milk. Put the potato and the rest of the milk back into the saucepan; when boiling, add the flour, and cook for ten minutes. Add the peas. Season and serve.

White Vegetable Soup.

$\frac{1}{2}$ lb. turnips.	1 pint boiling stock.
$\frac{1}{2}$ lb. carrots.	1 pint boiling water.
4 sticks of celery.	$\frac{1}{2}$ pint milk.
1 oz. butter.	1 oz. flour.
$\frac{1}{2}$ bay-leaf.	Pepper and salt.

Cut the vegetables into long shreds, and cook them in the butter for five minutes. Add the bay-leaf, stock, and water, and cook gently until the vegetables are tender. Mix the flour smoothly with the milk, add it to the soup, and cook for ten minutes. Remove the bay-leaf, add the seasoning, and serve.

CHAPTER III

SAUCES

NOTES ON SAUCES.

Most of the sauces used in vegetarian cookery may be placed in one of the following classes: white, brown, purée, and cold.

1. **White Sauce.**—The foundation sauces of this class are white and béchamel, and from these are made all the other white sauces, such as parsley, egg, and Hollandaise.

2. **Brown Sauces.**—The foundation sauce of this class is brown sauce, from which are made all the other brown sauces, such as Espagnole and piquante.

3. **Purée Sauces.**—The foundations of these are the various vegetables from which they take their names. These are cooked and rubbed through a sieve, and include apple, green pea, and tomato.

4. **Cold Sauces.**—These sauces have no distinct foundations. They consist principally of oil, cream, vinegar, and eggs. In this class we include mayonnaise and salad dressings.

5. There are a few sauces, such as bread, curry, and brown onion, which it is impossible to classify.

For both white and brown sauces care must be taken that the butter and flour are accurately weighed. If the

flour is in excess of the butter, it is impossible to cook the two together properly.

In a well-made sauce the flour should be cooked in the butter from fifteen to twenty minutes, stirring all the time. For a white sauce the flour should not be allowed to colour; for a brown sauce it should be a pale chestnut shade.

This blending of the butter and flour is called 'roux,' and acts as a liaison or thickening for the sauce.

Other liaisons used in sauces consist of yolks of eggs and cream, or farinaceous foods, such as flour, cornflour, etc.

Apple Sauce.

1½ lb. cooking apples.
1 oz. butter.

½ gill water.
Sugar.

Peel, core, and slice the apples; put them into a saucepan with the butter and water, and cook to pulp. Add sugar to taste.

Asparagus Sauce.

8 oz. asparagus.
3 gills water (boiling).
1 oz. butter.

1 oz. flour.
½ gill cream.
Salt and pepper.

Wash and trim the asparagus, cut off the heads, and tie up in a bundle. Put this with the stalks into the water, and cook until tender. Strain, and rub as much as possible of the stalk through a sieve. Put this into a half-pint measure, and fill up with the water in which it was cooked. Melt the butter, mix in the flour, and gradually add the asparagus liquid. Cook for ten minutes. Add the cream, seasoning, and asparagus heads.

Béchamel Sauce.

1 pint milk.	$\frac{1}{2}$ oz. celery.
Bunch of herbs (sprig of thyme, parsley, and a small piece of bay-leaf).	6 peppercorns.
1 oz. carrots.	Salt and cayenne.
$\frac{1}{2}$ oz. onions.	1 oz. butter.
	1 oz. flour.

Put the milk into saucepan with the herbs, carrot, onion, celery, and peppercorns. Simmer gently for twenty minutes, then strain. Melt the butter in a saucepan, add the flour, and cook together for a few minutes; then add the milk gradually; stir well until it boils. Cook for ten minutes. Season and serve.

Béchamel Sauce (Pink).

$\frac{1}{2}$ pint milk.	2 oz. tomatoes.
1 small shallot	1 oz. butter.
1 oz. carrot.	$\frac{1}{2}$ oz. flour.
$\frac{1}{2}$ bay-leaf.	Salt.
4 peppercorns.	

Cut the shallot and carrot into small pieces, and put into a saucepan with the milk, bay-leaf, and peppercorns. Simmer for ten minutes. Slice the tomato, and cook it in the butter for five minutes. Add the flour, and mix well. Add the milk, etc., gradually, and bring to boiling-point, stirring all the time. Boil for five minutes. Season and strain before serving.

Bread Sauce.

$\frac{1}{2}$ pint milk.
 1 small onion.
 1 clove.
 6 peppercorns.

$1\frac{1}{2}$ gills breadcrumbs.
 1 tablespoonful cream.
 Pepper and salt.

Put the milk, stock, onion, clove, and peppercorns into a saucepan. Simmer for thirty minutes. Strain, add the breadcrumbs, cook for five minutes. Add the seasoning and cream.

Brown Sauce.

1 shalot.
 $1\frac{1}{2}$ oz. butter.
 1 oz. tomatoes.
 1 oz. flour.

1 pint German lentil stock
 (see p. 9).
 Salt and pepper.

Chop the shalot and fry it in the butter with the tomato, then stir in the flour, and cook until a nut brown. Add the stock and seasoning. Cook until it has reduced to $\frac{3}{4}$ pint. Strain or tammy.

Melted Butter Sauce.

3 oz. butter.
 $1\frac{1}{2}$ oz. flour.
 Pepper and salt.
 1 teaspoonful lemon-juice.

1 pint water (or the water
 in which the vegetable has
 been boiled with which it
 is to be served).

Cook $1\frac{1}{2}$ oz. of the butter and flour together, add the water, stir until boiling. Boil well until reduced to three-quarters; then add the rest of the butter, and whip over the fire without letting the sauce boil. Add the lemon-juice, and serve.

Celery Sauce.

$\frac{1}{2}$ lb. celery.
 $\frac{3}{4}$ pint water.
 1 oz. butter.

1 oz. flour.
 Pepper and salt.
 $\frac{1}{4}$ pint cream.

Cut the celery into small pieces, and cook in the butter until tender; strain. Rub the celery through a sieve. Melt the butter in a saucepan, and add the flour. Mix well, and gradually add the water in which the celery was cooked (this should be about $\frac{1}{2}$ pint). Cook for ten minutes. Add the cream and celery. Season and serve.

Curry Sauce.

4 oz. Spanish onion (chopped).
 $1\frac{1}{2}$ oz. butter.
 6 oz. apples (chopped).
 2 oz. tomatoes (sliced).
 1 teaspoonful curry-powder.
 1 teaspoonful curry-paste.

3 teaspoonfuls flour.
 1 teaspoonful chutney.
 $\frac{1}{2}$ teaspoonful sugar.
 1 teaspoonful lemon-juice.
 $\frac{3}{4}$ pint bean stock, or the liquid
 from a tin of tomatoes.

Fry the onion in the butter to a golden brown; add the apple and tomato. Mix the curry-powder, paste, flour, chutney, and sugar together, and add to the onion, etc. Put on the lid of the saucepan, and cook for three minutes gently. Add the lemon-juice and stock. Bring to boiling-point. Strain and simmer slowly for one hour.

Egg Sauce.

$\frac{3}{4}$ pint béchamel or white sauce.
 2 hard-boiled eggs (chopped).

Add the eggs to the sauce, and serve.

Espagnole Sauce (No. 1).

2 oz. mushroom trimmings.
1 pint brown sauce (see
p. 28).

Bunch of herbs (lemon thyme,
bay-leaf, and parsley).
 $\frac{1}{2}$ gill sherry.

Chop the mushrooms, and add them to the brown sauce with the herbs and sherry. Cook slowly for half an hour. Strain and serve.

Espagnole Sauce (No. 2).

$\frac{1}{2}$ oz. carrots.
 $\frac{1}{2}$ oz. onions.
2 oz. mushroom trimmings.
 $1\frac{1}{2}$ oz. butter.
4 oz. tomatoes.

Bunch of herbs (lemon thyme,
bay-leaf, and parsley).
1 oz. flour.
1 pint brown stock.
 $\frac{1}{2}$ gill sherry.

Chop the carrot, onion, and mushroom, and fry them in the butter with the herbs. Add the tomato, sliced, and the flour, and fry in until the flour is a nut brown; add the stock and sherry; stir until boiling. Cook for half an hour, then strain.

Green-Pea Sauce.

$\frac{1}{2}$ lb. green peas.
 $1\frac{1}{2}$ pints boiling water.
 $\frac{1}{2}$ teaspoonful sugar.
 $\frac{1}{2}$ teaspoonful salt.

Sprig of mint.
1 oz. butter.
1 oz. flour.
 $\frac{1}{2}$ gill cream.

Wash and shell the peas; break up the pods, removing the stalks and some of the stringy part. Put the peas and pods into the water with the sugar, salt, and mint, and cook until tender. Strain, and rub the peas, etc., through a wire-sieve. Put the peas into a $\frac{1}{2}$ -pint measure, and fill it up with the water in which they were cooked. Melt the butter in a saucepan, mix

in the flour, and gradually add the peas, etc. Cook for ten minutes. Add the cream, and more salt and pepper if necessary.

Hollandaise Sauce (No. 1).

$\frac{1}{2}$ pint melted butter sauce (see p. 28).	2 tablespoonfuls water.
2 yolks of eggs.	Salt, pepper, and cayenne.
	3 teaspoonfuls lemon-juice.

Add the water to the yolks of eggs, then add the melted butter sauce gradually; return to the saucepan, and stir over the fire until the eggs are cooked. Add the seasoning, lemon-juice, and serve.

Hollandaise Sauce (No. 2).

1 oz. butter.	1 yolk of egg.
1 oz. flour.	1 tablespoonful lemon-juice.
$1\frac{1}{2}$ gills stock.	1 tablespoonful cream.
1 gill milk.	Pepper and salt.

Melt the butter and add the flour; mix well. Add the stock and milk gradually; stir over the fire until boiling. Cook for ten minutes. Add the egg, cream, lemon-juice, and seasoning.

Italian Sauce (No. 1).

2 shalots (chopped).	A pinch of chopped bay-leaf and thyme.
3 oz. mushrooms or trim- mings.	$\frac{1}{2}$ oz. butter.
$1\frac{1}{2}$ teaspoonfuls chopped parsley.	1 gill sherry.
	1 pint brown sauce (see p. 28).

Fry the shalots, mushrooms, and herbs in the butter for ten minutes; then add the wine, and boil until it is reduced to half the quantity. Add the brown sauce;

bring to boiling-point, and skim. Cook well for twenty minutes. Strain and serve.

Italian Sauce (No. 2).

1 shalot.	2 tablespoonfuls tomato sauce.
3 oz. mushrooms.	Pepper and salt.
1½ oz. butter.	1 teaspoonful chopped parsley.
1 oz. flour.	A pinch of chopped bay-leaf
1 pint stock.	and thyme.
1 gill sherry.	Cayenne and lemon-juice.

Chop the shalot and mushrooms, fry in the butter, mix in the flour, add the stock and wine; stir until boiling. Add the tomato sauce, pepper, and salt. Reduce to about one-third, strain, and finish with the herbs, cayenne, and lemon-juice.

Lentil or Butter Bean Sauce.

¼ lb. German lentils or	2 oz. onions.
butter beans.	1 oz. butter.
1½ pints water.	½ oz. flour.

Soak the lentils all night in the water; cook for one and a half hours. Chop the onion, and fry it in the butter. Add the flour and lentils or beans, and cook for twenty minutes. Rub through a sieve. Boil up and season.

Mushroom Sauce.

1 lb. mushrooms.	3 oz. butter.
1 pint butter bean stock	1 oz. flour.
(see p. 8).	1 tablespoonful cream.
Pepper and salt.	

Peel and trim the mushrooms, removing all the stalk; chop the stalks, and put them into a saucepan with the

stock, and cook for thirty minutes. Chop the mushrooms, sprinkle them with pepper and salt, and cook until tender in 2 oz. of the butter. Rub through a sieve. Melt the rest of the butter in a saucepan, mix in the flour, add the stock which has been strained, and cook for five minutes. Add the mushroom, cream, and more seasoning if necessary.

Onion Sauce.

$\frac{1}{2}$ pint white sauce.		$\frac{1}{2}$ lb. Spanish onions.
Pepper and salt.		

Skin, and cut up the onion. Put into boiling water with salt; cook until tender. Strain and chop. Add the onion to the sauce as soon as it is chopped. Season and serve.

Onion Sauce (Brown).

8 oz. onions.		1 teaspoonful patent
1 oz. butter.		groats.
$\frac{1}{2}$ pint lentil stock.		Salt and pepper.

Skin the onion, and cut it into small pieces; fry to a golden brown in the butter. Add the lentil stock, and cook for half an hour. Mix the groats smoothly with a little cold water; add to the onions, etc., and cook for ten minutes. Season and serve.

Swiss Onion Sauce.

$\frac{1}{2}$ lb. button onions.		$\frac{1}{4}$ oz. flour.
2 oz. butter.		4 gills stock.
2 teaspoonfuls sugar.		1 teaspoonful vinegar.

Skin the onions, and blanch them for two minutes on boiling water. Put the butter into a saucepan; when hot, put in onions and sugar. Cook until a golden brown. Add the flour, and cook for a few minutes; add the stock

and vinegar, and stir until it boils. Cook for thirty-five minutes, until the onions are tender.

Parsley Sauce.

$\frac{1}{2}$ pint white or béchamel sauce. | 2 teaspoonfuls chopped parsley.
Pepper and salt.

Add the parsley to the sauce. Season and serve.

Pink Sauce.

1 gill tomato sauce. | $\frac{1}{2}$ gill lentil stock.
 $1\frac{1}{2}$ gills milk.

Mix all together. Season. Boil up and serve.

Piquante Sauce (No. 1)

1 gill vinegar.		2 chopped gherkins.
1 oz. chopped shalot.		1 teaspoonful chopped capers.
Pepper.		1 teaspoonful chopped pars-
$\frac{1}{2}$ pint brown sauce (see p. 28).		ley.

Add the shalots and pepper to the vinegar, and boil until reduced to $\frac{1}{4}$ gill. Strain, and add to the brown sauce. When boiling, add the gherkins, capers, and parsley.

Piquante Sauce (No. 2).

$1\frac{1}{2}$ oz. butter.		$3\frac{1}{2}$ gills stock.
1 oz. shalots (chopped).		1 teaspoonful chopped parsley.
1 gill vinegar.		3 teaspoonfuls chopped gher-
Pepper.		kins.
1 oz. flour.		1 teaspoonful chopped capers.

Put the butter, shalots, vinegar, and pepper into a saucepan, and boil until the vinegar is reduced, and the

shalots begin to fry in the butter; add the flour, and stir until it is smooth, then add the stock. Stir until boiling; cook until reduced to two-thirds. Season again if necessary. Finish by adding the parsley, gherkin and capers.

Poulette Sauce.

$\frac{1}{2}$ pint béchamel sauce (see p. 27).	1 yolk of egg.
1 oz. chopped button mushrooms.	$\frac{1}{2}$ gill cream.
$\frac{1}{2}$ oz. butter.	2 teaspoonfuls lemon-juice.
	1 teaspoonful chopped parsley.

Cook the mushrooms in the butter, and add them to the béchamel sauce. Cook for ten minutes, then add the yolk of egg and cream. Stir over the fire for a few minutes, then add the lemon-juice and parsley. Serve at once.

Seakale Sauce.

8 oz. seakale.	1 oz. flour.
$1\frac{1}{2}$ gills water.	$\frac{1}{2}$ gill cream.
$1\frac{1}{2}$ gills milk.	Pepper and salt.
1 oz. butter.	

Cut the seakale into small pieces, and cook in the water and milk until tender. Rub through a sieve. Melt the butter; mix in the flour. Add the seakale, and cook for ten minutes. Add the seasoning and cream.

Spinach Sauce.

1 lb. spinach.	1 oz. flour.
$\frac{1}{2}$ pint boiling water.	Pepper and salt.
1 oz. butter.	

Prepare the spinach, and wash it well. Cook for ten minutes in the boiling water, with a little salt. Rub

through a wire sieve. Melt the butter, mix in the flour, add the spinach, and cook for ten minutes. Season and serve.

Sweet Sauce.

$\frac{1}{2}$ pint milk.	1 oz. butter.
Rind of 1 lemon.	1 oz. flour.
1 inch of cinnamon.	2 teaspoonfuls sugar.

Peel the lemon very thinly, put the rind into a saucepan with the milk and cinnamon. Let it simmer for half an hour, and then strain. Mix in the flour, add the milk gradually, and mix well. Boil for ten minutes. Add the sugar, and serve.

Tomato Sauce.

1 shalot.	12 peppercorns.
1 oz. carrot.	1 tin or 2 lb. tomatoes.
1 oz. butter.	$\frac{1}{2}$ teaspoonful sugar.
Bouquet (sprig of lemon-thyme and parsley; $\frac{1}{2}$ bay-leaf).	$\frac{1}{2}$ teaspoonful salt.
	2 teaspoonfuls cornflour.
	2 tablespoonfuls water.

Cut the shalot and carrot up into small pieces, and cook them in the butter for five minutes with the bouquet and the peppercorns. Add the tomatoes (if fresh ones are used they should be sliced), and cook without the lid of the saucepan for thirty minutes. Rub through a wire sieve. Return the tomato to the saucepan; add the sugar and salt. Bring to boiling-point. Mix the cornflour with the water, and add it to the tomato. Cook for ten minutes.

Velouté Sauce.

1½ oz. butter.	Bunch of herbs.
1½ oz. flour.	4 peppercorns.
1 pint white stock.	¼ pint cream.
1 oz. carrot (chopped).	Salt.
1 oz. onion (chopped).	3 drops lemon-juice.

Melt the butter and cook the flour in it until a very pale fawn colour; add the stock, and stir until it boils; then add the carrot, onion, and peppercorns. Cook gently until reduced to about $\frac{3}{4}$ pint. Strain through a fine strainer or tammy. Put back in the saucepan; add the cream and salt, and, last of all, the lemon-juice. Serve.

White Sauce.

1 oz. butter.	½ pint milk.
1 oz. flour.	Pepper and salt.

Melt the butter in a saucepan; stir in the flour. Add the milk gradually, and mix till smooth. Boil for ten minutes, stirring all the time. Season and serve.

French Salad Dressing.

2 tablespoonfuls walnut oil.	1 teaspoonful tarragon
1 tablespoonful white wine	vinegar.
vinegar.	Pepper and salt.

Mix together and use as required.

Mayonnaise Sauce.

2 raw yolks of eggs.	2 teaspoonfuls fruit vinegar.
¼ teaspoonful salt.	2 teaspoonfuls tarragon
⅛ teaspoonful pepper.	vinegar.
1 gill of good oil.	2 tablespoonfuls cream.

Put the yolks of eggs into a basin; add the salt and pepper. Whisk for a few seconds to break the yolks,

then add the oil *very* gradually, whisking gently. When thick, add the vinegars and the cream. If necessary, add more seasoning.

Salad Dressing (No. 1).

$\frac{1}{2}$ gill mayonnaise sauce. | $\frac{1}{2}$ gill béchamel sauce (cold).

Mix together, and if too thick, add a little cream.

Salad Dressing (No. 2).

1 whole egg and 1 yolk.	{	2 teaspoonfuls tarragon vinegar.
$\frac{1}{2}$ teaspoonful mixed mustard.		1 teaspoonful chilli vinegar.
1 teaspoonful sugar.		Enough malt or white wine
Pepper and salt.		vinegar to make $\frac{1}{2}$ gill alto-
$\frac{1}{2}$ gill cream (whipped).		gether.

Put the eggs into a basin, add the mustard, sugar, and a little pepper and salt; whisk well. Stand the basin over a saucepan of hot water, and add the vinegar gradually, whisking all the time. When it is quite thick and creamy, leave it to cool. Then add the cream and more seasoning, if necessary.

Tartare Sauce.

Mayonnaise sauce (see above).	$\frac{1}{2}$ teaspoonful parsley.
3 gherkins (chopped).	1 teaspoonful mixed mustard.
$\frac{1}{2}$ teaspoonful chopped capers.	Pinch of cayenne.
$\frac{1}{2}$ teaspoonful tarragon leaves.	2 tablespoonfuls lemon-juice.

Mix all these ingredients together, and serve at once.

CHAPTER IV

PASTES, BORDERS, AND GARNISHES

Butter-Bean Paste.

1 lb. cooked butter beans.	2 teaspoonfuls cream.
1 oz. butter.	Salt and pepper.
2 yolks of eggs.	

Rub the beans through a sieve. Melt the butter in a saucepan, and add the beans, eggs, cream, and seasoning. Mix well, and cook until the paste leaves the sides of the pan. Turn on to a plate, and leave until cold.

Boiled Crust.

6 oz. flour.	3 oz. butter.
$\frac{1}{2}$ teaspoonful baking-powder.	Pinch of salt.
	$\frac{3}{4}$ gill milk.

Pass the flour, baking-powder, and salt through a sieve. Rub in the butter, add the milk gradually, and mix into a stiff paste. Roll out and use as directed.

Cheese Pastry.

8 oz. flour.	3 oz. butter.
1 teaspoonful baking-powder.	2 oz. grated cheese.
$\frac{1}{2}$ teaspoonful salt.	$\frac{1}{2}$ gill water.

Pass the flour, baking-powder, and salt through a sieve. Rub in the butter, and mix in the cheese. Add the

water gradually, and mix until smooth and even. Roll out and use as directed.

Choux Pastry.

$\frac{1}{4}$ lb. flour.	2 oz. butter.
Pinch of salt.	$\frac{1}{2}$ pint water.
1 teaspoonful cornflour.	2 whole eggs and 1 yolk.

Mix the flour, salt, and cornflour together. Put the butter and water into a saucepan; when boiling, stir in the flour. Cook well until it leaves the sides of the saucepan. Take off the fire, and beat in the eggs one at a time. Season or flavour as required.

Lentil Paste (No. 1).

$\frac{1}{2}$ lb. lentils.	Pepper and salt.
$\frac{1}{2}$ oz. butter.	1 oz. flour.
$\frac{1}{2}$ oz. flour.	3 yolks of eggs.
$\frac{1}{2}$ gill water from lentils.	

Well wash the lentils. Soak them in cold water all night. Tie them up in muslin, and boil for one hour in the water in which they were soaked, adding a little salt. Squeeze out as much as possible of the water, and rub the lentils through a sieve. Make a panada or a thick sauce with the butter, flour, and milk. Cook well; add the lentil pulp, the yolks of egg, the flour, and seasoning. Cook well. Turn on to a plate. It is better to make it the day before it is wanted.

Lentil Paste (No. 2).

$\frac{3}{4}$ lb. lentils.	1 oz. butter.
1 oz. onions.	1 oz. flour.
1 oz. celery.	$\frac{3}{4}$ gill lentil stock (see p. 9).
1 quart water.	1 teaspoonful salt.
$\frac{1}{2}$ teaspoonful salt.	$\frac{1}{4}$ teaspoonful pepper.

Wash the lentils and soak them all night in 1 quart cold water. Tie them up in muslin with the celery and onion. Cook in the water in which they were soaked, with the salt, for one hour and a half. Squeeze as dry as possible, and rub through a wire sieve. Melt the butter, add the flour, and mix well. Add the stock, and cook until quite thick. Add the lentils and seasoning. Mix well. Turn on to a plate, and leave until cold.

Potato Paste.

$1\frac{1}{2}$ lb. potatoes (cooked).	2 yolks of eggs.
1 oz. butter.	Pepper and salt.
2 teaspoonfuls milk.	

Rub the potatoes through a sieve. Put the butter and milk into a saucepan. When hot, add the potatoes and yolks of eggs and seasoning. Stir over the fire until the eggs are cooked and the potatoes hot.

Puff Pastry.

$\frac{1}{2}$ lb. flour.	Pinch of cream of tartar.
Pinch of salt.	About 1 gill water.
$\frac{1}{2}$ lb. butter.	

Pass the flour and salt through a sieve, and rub into it 1 oz. of the butter. Make a hole in the centre, and put in it the cream of tartar; add the water gradually, and

mix to a stiff paste. Turn on to a board, and knead well for ten minutes. Place the butter in a floured cloth, and press into a square shape about $\frac{1}{4}$ inch in thickness. Roll out the pastry to a long shape, three times as long and twice as wide as the butter. Place the butter in the centre, and fold the pastry over it from the top and then from the bottom, then fold the sides over to the centre. Press well, and leave for ten minutes; turn right over, and roll out thinly into a square shape; fold in three from the sides, press it out a little, and fold in three from the top. Leave for ten minutes in a cool place. Put it on to the board, with the side that has no edges to your left hand. Roll out into a long shape, fold in three from the top. Press the edges together. Leave for ten minutes in a cool place, and then roll out once more in the same way.

Raised Pie Crust.

1 lb. flour.

$\frac{1}{4}$ teaspoonful salt.

5 oz. butter.

$\frac{1}{4}$ pint milk.

1 yolk of egg.

Pass the flour through a sieve with the salt. Put the butter and milk into a saucepan; bring to boiling-point. Make a hole in the middle of the flour; pour in the butter and milk; mix with a wooden spoon; add the yolk of egg, and knead until smooth; then use.

Short Crust.

$\frac{1}{2}$ lb. flour.

$\frac{1}{4}$ teaspoonful salt.

1 teaspoonful baking-powder.

3 oz. butter.

$\frac{1}{2}$ gill water.

Pass the flour through a sieve with the salt and baking-powder. Rub in the butter; mix into a stiff paste with the water. Use as required.

Colcannon Balls.

$\frac{3}{4}$ lb. cooked greens.	1 yolk of egg.
$\frac{3}{4}$ lb. cooked potatoes.	Seasoning.
1 oz. butter.	Egg and breadcrumbs.

Chop the greens, and rub the potatoes through a sieve. Melt the butter, mix in the potatoes and egg, and cook for a few minutes. Add the greens and seasoning. Turn on to a plate, and make into a flat cake. Divide into equal portions, make into balls, brush over with egg, roll in crumbs, and fry in deep fat.

(Makes 24 balls.)

Border of Colcannon.

Ingredients as above, leaving out the egg and breadcrumbs.

Butter a border mould, and coat it with raspings. Press in the mixture, and bake for twenty minutes.

Potato Border.

1 lb. potatoes (cooked).	1 yolk of egg.
$\frac{1}{2}$ oz. butter.	Pepper.
1 teaspoonful milk.	

Rub the potatoes through a sieve. Put the butter and milk into a saucepan; when hot, put in the potatoes, the yolk of egg, and a little pepper and salt if necessary. Stir over the fire until the potatoes are hot. Turn on to a board; make into a roll about 1 inch in diameter; place on a hot dish in an oval or circular shape as required. Join neatly, smooth with a knife, and mark the outside with a wooden skewer. To glaze, brush over with egg, and put in the oven for a few minutes.

(Enough for 2 or 3 borders.)

Rice Border.

4 oz. rice.

1 pint stock (bean or lentil).

Put the rice and stock into a saucepan. Cook until the rice is tender, and has absorbed all the stock. Butter a $\frac{1}{2}$ -pint mould, and press the rice well into it. Cover with a buttered paper, and steam for half an hour.

Croûtons and Garnishes.

BREAD CROÛTONS 1.—Toast a slice of bread, and cut it into triangles.

BREAD CROÛTONS 2.—Cut a slice of bread rather more than $\frac{1}{4}$ inch in thickness. Cut it into triangles, and fry in butter or oil.

PASTRY CROÛTONS.—Trimmings of puff or short crust, rolled to about $\frac{1}{4}$ inch in thickness, cut into shapes and baked.

POTATO CROÛTONS.—Potato paste (see p. 41). Put the paste on to a board; press it out with a rolling-pin to about $\frac{1}{2}$ inch in thickness. Stamp out with a small fancy cutter. Put on to a well-buttered tin; brush over with egg. Bake in a very hot oven for a few minutes.

POTATO GARNISH.—Put the potato paste into a forcing-bag with a rose forcer, and force on to a buttered tin. Bake for a few minutes. Little potato balls and potato loaves may also be used (see pp. 132, 133).

TOMATO GARNISH.—Cut the tomatoes in halves or slices, place them on a buttered tin, sprinkle with salt, pepper, and a little sugar, and bake for a few minutes.

VEGETABLE GARNISH.—Cut carrots, turnips, and onions into neat shapes, fry them in butter, and stew in stock until tender.

Cheese Croûtons.

2 oz. flour.

$\frac{1}{4}$ teaspoonful baking-powder.

$\frac{1}{8}$ teaspoonful salt.

$\frac{3}{4}$ oz. butter.

$\frac{1}{2}$ oz. grated cheese.

About 1 tablespoonful water.

Pass the flour, baking-powder, and salt through a sieve. Rub in the butter, and mix in the cheese. Add the water gradually, and mix until smooth. Roll out on a floured board to about $\frac{1}{8}$ inch in thickness. Cut into fancy shapes, place on a buttered tin, and bake for ten to fifteen minutes.

Fried Parsley.

Choose fresh green parsley. Wash and dry it in a cloth, and leave on a sieve until ready to fry. After frying croquettes, etc., with which the parsley is to be served, allow the oil to cool a little, then put the parsley into a frying basket, and fry until crisp. It must not brown; it will only take a few seconds. Drain on paper and use. If a basket is not used, the parsley should be tied together with a piece of string, leaving it long enough to lift out by.

CHAPTER V

CASSEROLES, GÂTEAUX, PATTIES, PIES, PUDDINGS, AND TIMBALES

Gâteau of Artichokes.

1 lb. butter bean (cooked).	Salt and pepper.
$\frac{1}{2}$ pint bean stock.	$1\frac{1}{2}$ lb. artichokes (cooked).
2 eggs.	Hollandaise sauce (see p. 31).

RUB the butter beans through a sieve. Beat the eggs and add the stock to them. Add the butter bean, mix well, and season. Pour into a buttered tin, which has been sprinkled with raspings, and bake for one hour. Turn out on to a hot dish. Place the artichokes on the top, and pour the sauce over.

Gâteau of Cold Vegetables.

Mushroom croquette mixture (No. 2), double quantities (see p. 112).	$\frac{1}{2}$ lb. cooked green peas.
$\frac{3}{4}$ lb. cooked potatoes.	$\frac{1}{4}$ pint white sauce.
	$\frac{1}{2}$ oz. butter.
	$\frac{1}{4}$ pint tomato sauce (see p. 36).

Butter a pie-dish, and line it with part of the croquette mixture. Slice the potatoes, and put them into the pie-dish in layers with the peas. Add the butter to the white sauce, and pour over the potatoes and peas.

Cover with the rest of the mushroom croquette mixture. Bake for three-quarters of an hour. Turn the pie on to a hot dish, and pour round the tomato sauce. Serve at once.

(Enough for 5 or 6 people.)

Casserole of Vegetables.

$\frac{1}{4}$ lb. butter beans.
1 cauliflower (about $\frac{3}{4}$ lb.).
Potato paste (see p. 41).
Raspings.
1 white of egg.
 $\frac{1}{4}$ pint tomato sauce.
 $\frac{1}{2}$ teaspoonful chopped parsley.

Sauce.

$\frac{1}{2}$ pint liquid from beans.
 $\frac{1}{2}$ gill tomato sauce.
 $\frac{1}{2}$ teaspoonful cornflour.

Soak the beans all night in 1 pint of water. Skim, and cook till tender in the water in which they were soaked. Boil the cauliflower, and divide into small pieces. Well butter a cake-tin, and coat with raspings. Line evenly with potato paste. Brush over the inside with white of egg, and bake for thirty minutes. Put the tomato sauce into a saucepan; when hot add the beans and cauliflower, and let them get thoroughly hot. Turn out the potato case, and fill with the beans, etc. Put the rest of the potato into a forcing bag with a large rose forcer, and pipe the edge of the case. Sprinkle over the parsley, and serve the sauce in a tureen.

Sauce (for casserole of vegetables).—Put the liquid from the beans and the tomato sauce into a saucepan. When boiling, add the cornflour, mixed smoothly with a little water. Boil for five minutes. Season and serve.

Casserole of Colcannon.

$\frac{1}{2}$ lb. spaghetti.	Mixture for colcannon balls
1 pint water.	(see p. 43).
$\frac{1}{2}$ pint milk.	Raspings.
2 oz. butter.	2 tomatoes.
2 oz. flour.	2 oz. grated cheese.
4 oz. cooked mushrooms.	

Break the spaghetti into pieces about 2 inches long. Boil the milk and water, put in the spaghetti, and 1 teaspoonful of salt. Cook until the spaghetti is tender—about twenty minutes—then strain. Melt the butter, mix in the flour, add the liquid in which the spaghetti was soaked, and cook for ten minutes. Season. Add the spaghetti and the mushrooms, which have been sliced. Butter a border mould, and coat with raspings; put in the colcannon mixture, and bake for twenty minutes. Turn out, and fill with the spaghetti, etc. Skin and slice the tomatoes, and put on the top of the spaghetti. Sprinkle with the cheese, and bake for ten minutes in a hot oven.

Cream of Artichokes and Butter Beans.

Butter bean paste (see p. 39).	Hollandaise sauce (see p. 31).
1 lb. artichokes (cooked).	Brussels sprouts or greens.

Make a wall of the bean paste on a fireproof dish, and decorate the edge with small balls of the paste. Mix the artichokes with the sauce, and place in the centre of the bean wall. Bake for half an hour. Garnish with brussels sprouts or greens. If greens are used, they should be rubbed through a sieve, and placed in small heaps between the balls.

Cream of Butter Beans and Potatoes.

For the Case.

Potato paste (see p. 41).
1 white of egg.

Butter a fireproof dish. Make a wall of potato on it, keeping back a little for decoration. The potato wall should be about $\frac{3}{4}$ inch in thickness and 3 inches high. Brush over with white of egg. Make the rest of the potato into little balls; fill the case with the vegetable mixture. Place the balls on the edge, and bake for twenty minutes in a quick oven. Serve at once.

For the Filling.

$\frac{1}{2}$ lb. butter beans.
 $\frac{1}{2}$ pint celery sauce (see p. 29).
1 tomato.

Put the beans into the sauce, and let them get hot. Put into the potato-case, and bake for about twenty minutes. Cut the tomato into pieces, and place them on a buttered baking-sheet. Bake for about five minutes. Put the slices of tomato on the top of the beans just before serving.

N.B.—Other fillings can be used in these casseroles and creams, such as mushroom filling (see p. 50).

Mushroom Filling for Casserole (No. 1).

1 lb. mushrooms.
4 oz. butter.

Salt and pepper.
Butter-bean sauce (see p. 32).

Peel the mushrooms, and sprinkle with pepper and salt. Melt the butter, and fry the mushrooms in it for five minutes. Put on the lid of the saucepan, and cook slowly until tender ; then add the butter bean sauce.

Mushroom Filling for Casserole (No. 2).

3 oz. onions.
2 oz. butter.
 $\frac{3}{4}$ lb. mushrooms.

1 oz. flour.
 $\frac{3}{4}$ pint lentil stock.

Cut the onions into rings, and fry in the butter to a golden brown. Add the flour ; let it brown, then add the stock, and boil for five minutes. Peel the mushrooms, and put them into the sauce. Season, and stew until the mushrooms are tender.

Asparagus Patties.

$\frac{3}{4}$ lb. asparagus.
 $\frac{1}{2}$ pint boiling water.
1 oz. butter.
1 oz. flour.
1 yolk of egg.

1 teaspoonful lemon-juice
 $\frac{1}{2}$ teaspoonful salt.
 $\frac{1}{8}$ teaspoonful pepper.
Choux pastry, $\frac{1}{2}$ quantities
(see p. 40).

Trim the asparagus, tie up, and cook in the water until tender. Drain, and cut the green part into pieces about 1 inch long. Rub the rest through a sieve. Make this

purée up to 1 gill with the water in which the asparagus was cooked. Melt the butter, mix in the flour, add the asparagus purée, and cook for ten minutes. Add the yolk of egg, lemon-juice, salt and pepper. Stir in the asparagus, and let the mixture get quite hot. Force the choux paste on to a buttered baking-sheet into bun shapes. Brush over with egg, and bake for about thirty minutes. Split open, fill with the asparagus mixture, and serve at once.

Celery Patties.

6 oz. celery.
 $\frac{1}{2}$ oz. butter.
 $\frac{1}{4}$ oz. flour.
 1 gill water in which the
 celery was cooked.

3 hard-boiled eggs.
 Short crust (see p. 42).
 1 egg.
 Pink sauce (see p. 34).

Wash the celery, and cut it into pieces about 1 inch long. Boil until tender in about 1 pint of water. Melt the butter, mix in the flour, add the celery water, and mix till smooth. Boil for six minutes. Add the celery, season with pepper and salt, turn on to a plate, and leave until cold. Roll the pastry out thinly, cut into rounds. Line some greased patty pans with half of the rounds; put a spoonful of the celery mixture into each. Cut the eggs into eighths, and put three pieces on the top of each patty. Brush round the edges with a little egg, and cover with the remaining rounds of the pastry. Brush over with egg, and decorate with leaves of pastry. Bake for fifteen minutes. Serve with pink sauce.

Mushroom and Seakale Patties.

8 oz. seakale.
 $\frac{1}{4}$ pint water.
 $\frac{1}{4}$ pint milk.
 4 oz. mushrooms.
 $1\frac{1}{2}$ oz. butter.

1 oz. flour.
 1 tablespoonful cream.
 Salt and pepper.
 12 small Vol-au-vent cases.

Cut the seakale into small pieces, and cook until tender in the milk and water, then strain. Chop the mushrooms, and sauté them in the butter until tender. Remove the mushrooms from the butter, and mix into it the flour; add the milk and water in which the seakale was cooked, and cook for ten minutes. Season. Add the seakale and mushrooms. Let the mixture get quite hot. Fill the cases, and serve immediately.

Vegetable Cornets.

Trimnings of puff pastry.
 4 oz. tomatoes.
 1 oz. butter.
 2 eggs.

Salt and pepper.
 $\frac{1}{2}$ teaspoonful sugar.
 1 teaspoonful chopped parsley.

Roll out the pastry very thinly, and cut into rounds with a 4-inch cutter. Roll each round a cornet tin, fastening the edges with a little egg. Bake for about ten minutes. When cooked, remove the tin. Skin and slice the tomatoes, and cook for five minutes in the butter. Beat the eggs, add them to the tomato with the sugar, salt and pepper. Stir over the fire until the eggs are set, then fill the pastry cases with the mixture, and sprinkle them with the parsley. Serve at once.

(Makes 8 cornets.)

Lentil Pasties.

Paste.

$\frac{3}{4}$ lb. German lentils (cooked).
 $\frac{1}{2}$ oz. butter.
 1 egg.

Filling.

Sage and onion stuffing,
 $\frac{1}{2}$ quantities (see p. 214).

Egg and breadcrumbs.
 Fried parsley.
 Brown sauce.
 Apple sauce.

Rub the lentils through a sieve; add the butter melted and the egg beaten. Mix well. Press out on to a well-floured board, and cut into rounds. Put a little of the sage stuffing on each of half the rounds. Brush the edges with egg. Put another round on the top. Egg and crumb, and fry in deep fat. Garnish with fried parsley. Serve with apple and brown sauce.

(Enough for 9 pasties.)

Vegetable Pasties.

4 oz. tomatoes.
 4 oz. cooked potatoes.
 1 teaspoonful chopped onion.
 $\frac{1}{2}$ teaspoonful sugar.

$\frac{1}{8}$ teaspoonful pepper.
 $\frac{1}{2}$ teaspoonful salt.
 Short crust (see p. 42).
 Pink béchamel sauce (see p. 27).

Skin the tomatoes, and cut them into small pieces. Sprinkle with sugar, salt, and pepper. Cut up the potatoes into pieces about $\frac{1}{2}$ inch square, and mix them with the onion and tomato. Make the pastry as recipe, roll out, and cut into eight rounds with a $4\frac{1}{2}$ -inch cutter. Divide the vegetables into eight portions, and place each upon a round of pastry. Brush the edges with egg or milk. Fold the edges together on the top, and crimp

them with your fingers. Brush over with milk or egg, and bake in a quick oven for twenty minutes. Serve hot with pink béchamel sauce.

Vegetable Rissoles.

Butter-bean paste (see p. 39).	$\frac{1}{2}$ gill bean stock.
$\frac{1}{2}$ oz. flour.	4 oz. cooked mushrooms.
$\frac{1}{2}$ oz. butter.	Egg and breadcrumbs.

Press out the paste on to a well-floured board, and cut into rounds. Melt the butter, and mix it with the flour. Add the stock, and cook until the mixture leaves the sides of the pan. Add the seasoning and the mushrooms cut into small pieces. Take half of the rounds and put a little of the mixture on each. Brush the edges with egg. Put another round on top. Egg and crumb, and fry in deep fat.

(Enough for 9 rissoles.)

Vol-au-Vent of Macaroni and Mushrooms.

3 oz. macaroni.	$\frac{3}{4}$ gill tomato sauce.
4 oz. mushrooms.	Vol-au-vent case, made from
$\frac{1}{2}$ oz. butter.	4 oz. puff pastry.
Pepper and salt.	

Break the macaroni into short pieces, and cook in boiling water with a little salt until tender. Peel the mushrooms, and cut into small pieces; sprinkle with pepper and salt, and cook until tender in the butter. Strain the macaroni, and mix it with the tomato sauce, mushrooms, and seasoning. When thoroughly hot, place the mixture in the case, and serve at once.

Vol-au-Vent of Mushrooms.

1½ lb. mushrooms.	2 oz. cooked butter beans.
3 oz. butter.	½ pint butter-bean stock.
¾ oz. flour.	Case made from 4 oz. puff paste.

Skin the mushrooms and remove the stalks. Sprinkle with pepper and salt. Melt the butter, and brown the mushrooms in it. Put the lid on the saucepan, and cook gently until the mushrooms are tender. Take them out, and mix the flour with the butter. Add the stock, and cook for ten minutes. Then add the beans, which have been rubbed through a sieve, and the seasoning. Put in the mushrooms, and let them get quite hot. Pour the mixture into the case. Put on the lid, and serve at once.

Vol-au-Vent of Seakale.

¾ lb. seakale (cooked).	1 tablespoonful cream.
½ pint white sauce.	2 tablespoonfuls lemon-juice.
1 oz. butter.	Case made from ¼ lb. puff
1 yolk of egg.	paste.

Cut the seakale into pieces about 1½ inches long, keeping the tops for a garnish. Add the butter, egg, cream, and lemon-juice to the white sauce, and cook for a few minutes. Add the seakale, and stir over the fire until quite hot. Pour into the case, put on the lid, and garnish with the tops of the seakale. If the case has been made the day before, it must be warmed in the oven for a few minutes before putting in the mixture.

Cold Pie.

1 hard-boiled egg.
 4 oz. cooked broad beans.
 3 oz. tomatoes.
 4 oz. peas (cooked).

1½ gills tomato aspic jelly.
 Short crust (see p. 42, using
 3 oz. flour).

Cut the egg into slices, and skin the beans and tomato. Cut the tomato into slices, and cut them in halves. Decorate the bottom of a pint pie-dish with some of the peas and pieces of egg. Put the peas and tomato round the sides. Put in the rest of the vegetables and egg in layers; add ½ gill of the aspic jelly. Roll out the pastry, and cover the pie with it; make a hole in the top, and bake for about thirty minutes. When nearly cold, add the rest of the jelly, and leave until set. Turn on to a cold dish, having the pastry underneath, and garnish with chopped jelly.

(Enough for 4 or 5 persons.)

Lentil and Cauliflower Pie.

Lentil paste, No. 2 (see p. 41).
 1 medium-sized cauliflower
 (cooked).
 ¼ lb. tomatoes.

1 teaspoonful salt.
 ½ teaspoonful sugar.
 ¼ teaspoonful pepper.
 ½ pint lentil stock (see p. 9).

Butter a pie-dish, and line it with half the lentil paste. Cut the flower of the cauliflower into small pieces. Skin and slice the tomatoes, and sprinkle over them the seasoning. Put the cauliflower and tomato into the pie-dish in layers. Cover with lentil paste, and smooth it over with a knife. Put the rest of the paste into a

bag with a rose forcer, and decorate the pie. Bake for half an hour. Serve with lentil sauce.

Lentil and Celery Pie.

6 oz. celery.

1 gill tomato sauce.

Lentil paste (see pp. 9, 40 and 41).

Cut the celery into pieces about 1 inch long. Cook until tender in water. When tender, strain it, and mix with the tomato sauce. Line a pie-dish with half the lentil paste. Put in the celery, and cover with the rest of the paste. Bake in a moderate oven for half an hour.

Mushroom Pie (No. 1).

1 lb. mushrooms.

2 oz. butter.

1 lb. cooked potatoes.

$\frac{1}{2}$ oz. butter.

2 tablespoonfuls milk.

Salt and pepper.

Short crust (see p. 42, using
6 oz. flour).

1 egg.

Peel and trim the mushrooms, sprinkle with pepper and salt, and cook in the butter until tender. Rub the potatoes through a sieve, and mix with them the butter and milk. Line a buttered pie-dish with two-thirds of the potato; put in the mushrooms and any juice that may have come from them. Cover with the rest of the potato. Cover the pie-dish with the short crust; brush over with egg. Decorate with pastry leaves, and bake for half an hour. Serve at once.

Mushroom Pie (No. 2).

1 lb. mushrooms.	2 oz. breadcrumbs.
2 oz. butter.	1 teaspoonful salt.
1 lb. cooked potatoes.	$\frac{1}{4}$ teaspoonful pepper.
$\frac{1}{4}$ oz. chopped onion.	

Skin the mushrooms, and sprinkle the salt and pepper over them. Melt $1\frac{1}{2}$ oz. butter, and stew the mushrooms until tender in it, keeping the saucepan closely covered. Spread a $1\frac{1}{2}$ -pint pie-dish with half of the remaining butter, and put in a layer of mushrooms, potatoes (cut in slices), onion, and breadcrumbs. Pour over the lentil stock, just before the last layer of crumbs. Put the rest of the butter in small pieces on the top, and bake for half an hour. Serve.

(Enough for 6 or 7 persons.)

Mushroom and Tomato Pie.

$\frac{1}{2}$ lb. mushrooms.	1 teaspoonful salt.
1 oz. butter.	$\frac{1}{2}$ teaspoonful pepper.
1 lb. tomatoes.	1 teaspoonful sugar.
2 oz. macaroni.	Pastry (see p. 42, using $\frac{1}{4}$ lb.
$\frac{1}{2}$ lb. potatoes (cooked).	flour).
$\frac{1}{2}$ pint liquid from macaroni.	

Peel the mushrooms, and cook them in the butter until tender, keeping the lid of the saucepan tightly on. Boil the macaroni until tender with the mushroom stalks (the macaroni should be broken into small pieces and tied in muslin). Skin and slice the tomatoes, and sprinkle them with the sugar, salt, and pepper. Slice the potatoes. Put the tomatoes, mushrooms, macaroni, and potatoes in layers in a pie-dish, and pour over the liquid. Roll

out the pastry, and cover the pie-dish with it. Brush over with egg, and decorate with leaves made from the pastry trimmings. Bake for thirty minutes.

(Enough for 7 or 8 persons.)

Potato and Cauliflower Pie.

1 small cauliflower.	1 lb. cooked potatoes.
$\frac{1}{2}$ pint white sauce.	1 oz. butter.
1 oz. grated cheese.	1 tablespoonful milk.
$\frac{1}{2}$ pint lentil sauce (see p. 32).	

Cook the cauliflower. Drain, and pour over it the white sauce. Divide into small pieces, and place in a pie-dish. Sprinkle the cheese over, and then add the lentil sauce. Rub the potatoes through a sieve. Melt the butter in a saucepan; add the milk, potatoes, and seasoning. Stir over the fire until hot. Cover over the pie, and bake for thirty minutes.

Potato and Celery Pie (No. 1).

8 oz. celery.	<i>Sauce.</i>
1 gill tomato sauce.	$\frac{1}{2}$ oz. butter.
1 lb. cooked potatoes.	$\frac{1}{2}$ oz. flour.
1 oz. butter.	$\frac{1}{2}$ pint liquid in which the
1 tablespoonful milk.	celery was cooked.
	Salt and pepper.

Wash the celery, and cut it into pieces of about 2 inches. Cook in a small quantity of boiling water until tender, and then strain. Mix with the tomato sauce. Rub the potatoes through a sieve, and mix them with the butter and milk. Stir over the fire until hot. Butter a pie-dish, and line it with half of the potato. Put in the

celery, and cover with the rest of the potato. Bake in a hot oven for twenty minutes.

Sauce.—Melt the butter in a saucepan, mix in the flour, add the liquid gradually, bring to boiling-point, and cook for five minutes, stirring all the time. Season, and serve with the pie.

Potato and Celery Pie (No. 2).

$\frac{1}{2}$ lb. celery (only the hearts).
1 pint boiling water.
 $\frac{1}{2}$ oz. butter.
 $\frac{1}{2}$ oz. flour.
 $1\frac{1}{2}$ lb. cooked potatoes.
1 oz. butter.
1 tablespoonful milk.
3 hard-boiled eggs.

Sauce.

$\frac{1}{2}$ oz. butter.
 $\frac{1}{2}$ oz. flour.
 $\frac{1}{2}$ pint water in which the
celery was boiled.

Wash the celery (using only the most tender), and cut it into pieces about 2 inches long. Cook in the water with $\frac{1}{4}$ teaspoonful of salt till tender. Strain. Melt $\frac{1}{2}$ oz. of butter in a saucepan, add the flour, mix well, add 1 gill of water from celery, and boil for five minutes. Season, and add the celery. Rub the potatoes through a wire sieve. Make the butter and milk hot, add the potatoes, and stir over the fire until hot. Line a buttered pie-dish with half of the potato. Put in the celery, and egg cut in quarters, in layers. Cover over with potatoes, and smooth it over. Put the rest into a forcing-bag with a rose forcer, and decorate the edge. Bake for half an hour.

Sauce.—Melt the butter in a saucepan, add the flour, and mix well. Add the liquid gradually, mix well, stir over the fire, and boil for five minutes. Season.

Raised Pie.

1 lb. cooked butter beans.	$\frac{1}{2}$ pint butter-bean stock	} Or $\frac{1}{2}$ pint aspic jelly.
4 oz. mushrooms.	$\frac{1}{4}$ oz. gelatine	
4 oz. tomatoes.	1 teaspoonful vinegar	
4 hard-boiled eggs.	1 teaspoonful lemon-juice	
Raised pie-crust (see p. 42).		
2 teaspoonfuls seasoning salt.		

Skin the beans, trim the mushrooms, and, if large, cut them up. Skin the tomatoes, and cut them up. Cut the eggs into four. Mould the pastry into a basin shape, keeping back a small piece for the top. Put a layer of beans, then mushrooms, tomato, and egg, and sprinkle over a little of the seasoning salt. Fill up the pie in this way. Dissolve the gelatine in the stock, add the lemon-juice and vinegar, and boil for five minutes. Put a teaspoonful of this into the pie. Cover it over with the rest of the pastry, and brush over with egg. Make a hole in the top, decorate with leaves of pastry, and place on a buttered baking-sheet. Bake for one hour. When cold, fill up the pie with the rest of the stock or aspic jelly. Leave until the jelly is set before carving.

Tomato Pie.

1 lb. tomatoes.	$\frac{1}{4}$ teaspoonful pepper.
$\frac{1}{2}$ lb. potatoes (cooked).	1 teaspoonful salt.
$\frac{1}{4}$ oz. chopped onion.	1 teaspoonful sugar.
2 oz. breadcrumbs.	$\frac{1}{4}$ oz. grated cheese.
1 oz. butter.	

Skin the tomatoes, cut them in slices, and sprinkle them with pepper, salt, and sugar. Put about one

tomato into a saucepan with $\frac{1}{4}$ pint of water, and cook until tender, then rub through a sieve, and use it for moistening the pie. Cut the potatoes into slices; spread a pie-dish with a little of the butter. Put the potatoes, tomato, onion, and breadcrumbs in layers in a pie-dish, and pour over the liquid made with the tomato. Put the rest of the butter on the top in little pieces. Bake for half an hour, then sprinkle with cheese, and put back in the oven for five or ten minutes.

(Enough for 5 or 6 persons.)

Vegetable Pie.

1 lb. tomatoes.
 $\frac{1}{4}$ lb. cooked butter beans.
 $\frac{1}{2}$ pint stewed mushrooms.
 1 lb. cooked potatoes.
 $\frac{1}{2}$ oz. butter.
 1 tablespoonful milk.

1 teaspoonful salt.
 $\frac{1}{4}$ teaspoonful pepper.
 1 teaspoonful sugar.
 $\frac{1}{4}$ oz. grated cheese.
 $\frac{1}{4}$ pint bean stock.

Skin and slice the tomatoes, and sprinkle them with sugar, salt, and pepper. Put the beans, tomatoes, and mushrooms, in layers, in a pie-dish, and add the bean stock. Rub the potatoes through a sieve. Put the butter and milk into a saucepan; when hot, put in the potatoes, and stir over the fire until the potatoes are hot. Put the potatoes on the top of the vegetables, and mark them with a fork. Bake for twenty minutes. Sprinkle over the grated cheese, and cook for ten minutes longer. Serve.

(Enough for 6 or 7 persons.)

Broad Bean and Tomato Pudding.

1 lb. cooked broad beans.		$\frac{1}{4}$ teaspoonful pepper.
$\frac{1}{2}$ lb. tomatoes.		Boiled crust (see p. 39).
$\frac{1}{2}$ teaspoonful chopped parsley.		$\frac{1}{2}$ pint white sauce or parsley
1 teaspoonful salt.		sauce.

Skin the beans ; skin the tomatoes, and cut them into sixths. Butter a pint basin, and line it with the pastry. Put in a layer of beans and tomatoes ; sprinkle over the pepper, salt, and parsley. Fill up the basin in this way ; cover over with pastry ; put a piece of buttered paper on top ; tie up in a pudding-cloth. Boil for one and a half hours. Turn the pudding on to a hot dish, put the sauce in a sauce-boat, and serve at once.

(Enough for 4 or 5 persons.)

Butter-Bean Pudding.

$\frac{1}{2}$ lb. butter beans.
 $\frac{1}{2}$ oz. butter
 $\frac{1}{2}$ oz. flour.
 $\frac{1}{2}$ gill liquid.
 3 yolks of eggs.
 Pepper and salt.
 1 oz. flour.

Filling.

1 lb. tomatoes.
 2 hard-boiled eggs.

Sauce.

1 oz. butter.
 1 oz. flour.
 $\frac{1}{2}$ pint liquid.
 3 teaspoonfuls cream.
 Seasoning.

Soak the beans in cold water all night. Remove the skins, and put them into a saucepan with $1\frac{1}{2}$ pints of water ; when boiling, put in the beans tied up in muslin. Cook for one hour. Squeeze out as much water as

possible, and rub the beans through a sieve. Make a panada with the butter, flour, and liquid, and cook well. Add the beans, beat in the eggs, add 1 oz. flour, and cook well. Turn on to a plate, and leave until cold. Well butter a basin, and sprinkle with raspings; line it with the bean mixture. Put in the tomatoes and egg, cut in quarters (the tomatoes must be skinned first). Cover with the rest of the bean mixture. Cover with butter paper, and steam for one hour.

Serve with the following sauce: Melt the butter, add the flour, and stir over the fire until slightly brown. Add the liquid from the beans; stir until it boils. Cook for five minutes. Season, and add the cream.

(Enough for 6 or 7 persons.)

Green-Pea Pudding.

1 lb. green peas (weighed after shelling).

3 gills tomato sauce (see p. 36).

Boiled crust (see p. 39).

Cook the peas until tender in boiling water with a little salt and sugar. Strain the peas, and mix with them a pint of the tomato sauce; season if necessary. Butter a $1\frac{1}{4}$ -pint basin. Roll out the crust, and line the basin with it; put in the peas, etc. Trim the pastry, and roll out the trimming into a round shape for the top; moisten the edge of the pastry, and put on the top. Cover with buttered paper and a pudding-cloth, and boil for one hour. Mix the rest of the tomato sauce with 1 gill of the liquid in which the peas were cooked. Boil up, and put into a sauce-boat. Turn the pudding on to a hot dish, and serve at once.

(Enough for 4 or 5 persons.)

Lentil Pudding.

$\frac{1}{2}$ lb. lentils.	1 egg.
$\frac{1}{2}$ oz. onions.	1 tablespoonful flour.
1 oz. butter.	Pepper and salt.

Wash, and soak the lentils all night. Tie them loosely in a cloth, and boil until quite tender (about one hour) in the water in which they were soaked; squeeze as dry as possible, and rub them through a sieve. Sauté the onion in the butter, and add to it the lentils. Beat up the egg, and add it with the flour which should be sprinkled in. Season. Put into a well-buttered pint mould, cover with buttered paper, and steam for one hour. Serve with onion or tomato sauce.

Mushroom Pudding.

$\frac{3}{4}$ lb. mushrooms.	4 oz. potatoes.
1 teaspoonful salt.	Boiled crust (see p. 39).
$\frac{1}{4}$ teaspoonful pepper.	4 oz. peas (weighed after shelling).
2 oz. butter.	Mushroom sauce (see p. 32).

Trim the mushrooms, and cut them up; sprinkle over them the salt and pepper. Fry in the butter for five minutes. Put on the lid of the saucepan, and cook gently until the mushrooms are tender. Cut the potatoes into small dice. Butter a $1\frac{1}{4}$ -pint basin, and line it with the pastry; put in the vegetables in layers; cover with pastry. Put a piece of buttered paper on top; cover with a pudding-cloth. Boil for two hours. Turn on to a hot dish. Put the sauce into a sauce-boat, and serve at once.

(Enough for 4 or 5 persons.)

Vegetable Pudding.

Lentil paste, No. 1 (see p. 41).

2 oz. butter.

$\frac{1}{2}$ lb. mushrooms.

$\frac{1}{2}$ lb. potatoes.

1 teaspoonful chopped onion.

Sauce.

1 oz. flour.

1 oz. butter.

$\frac{1}{2}$ pint lentil stock.

Make the lentil paste. It is better to do this the day before it is wanted. Prepare the mushrooms and potatoes. Divide larger mushrooms into four, and leave the small ones whole. Cut the potatoes into pieces about the size of a small walnut. Put them into a saucepan of boiling water with some salt, and boil for five minutes. Strain and dry in a cloth. Melt the butter, add the onion, put in the mushrooms, sprinkle them with pepper and salt, and cook until tender with the lid on the pan; add the potatoes, and leave for a few minutes. Make a sauce with the butter, flour, and water, and add to the mushroom mixture. Butter a $1\frac{1}{2}$ -pint basin, and line it with the lentil paste; fill with the mixture, and cover with the rest of the lentil paste. Cover with buttered paper and a pudding-cloth. Steam for one and a half hours.

Mushroom Rolls.

Mushroom croquette mixture, No. 1 (see p. 111).

Short crust (see p. 42. using $\frac{1}{2}$ lb. flour).

1 egg.

Divide the mushroom mixture into ten, and make each portion into the shape of a roll. Roll the pastry out thinly, and cut into ten squares. Put one of the rolls on

each. Brush the edges of the pastry with egg, and roll up. Put on a buttered baking-sheet; brush over with egg. Bake for about twenty minutes.

(Enough for 10 rolls.)

Tomato Roll.

2 oz. lentils (cooked).	$\frac{1}{4}$ teaspoonful pepper.
1 hard-boiled egg.	2 oz. wholemeal bread-
$\frac{1}{2}$ lb. tomatoes.	crumbs.
1 teaspoonful sugar.	1 teaspoonful chopped onion.
1 teaspoonful salt.	Boiled crust (see p. 39).

Cut the egg into slices. Skin and slice the tomatoes, and sprinkle over them the sugar, salt, and pepper. Rub the lentils through a sieve. Roll out the pastry into a square shape, and spread over it the lentils; arrange the egg and tomatoes in alternate rows, and sprinkle over the breadcrumbs and onion. Brush the edges of the pastry round with a little water, and roll up. Place in grease-proof paper, and then in a pudding-cloth. Tie the ends securely, and boil for one and a half hours. Serve with brown onion sauce (see p. 33).

Summer Roll (No. 1).

$\frac{1}{2}$ lb. green peas (weighed after shelling).	$\frac{1}{4}$ teaspoonful sugar.
$\frac{1}{2}$ lb. tomatoes.	1 gill tomato sauce (see p. 36).
$\frac{1}{2}$ lb. cooked potatoes.	Boiled crust (see p. 39, using $\frac{1}{2}$ lb. flour).
$\frac{1}{2}$ teaspoonful seasoning salt.	

Cook the peas in $1\frac{1}{2}$ pints of boiling water with a little sugar and salt until tender—about twenty minutes. Skin the tomatoes, and cut in slices (if the tomatoes are large, the slices should be cut through). Roll the pastry

into a square shape, and arrange the tomatoes on it; sprinkle over the seasoning salt, and sugar, and place the peas and potatoes on the top. Moisten the edge of the pastry and roll up, wrap in buttered paper and then in a pudding-cloth, tie up the ends, and boil for one and a half hours. Remove the cloth and paper, and place the roll on a hot dish. Mix the tomato sauce with 1 gill of the liquid in which the peas were cooked. Boil up, put into a sauce-boat, and serve at once with the roll.

(Enough for 6 persons.)

Summer Roll (No. 2).

$\frac{1}{2}$ lb. green peas (weighed
after shelling).
 $\frac{1}{4}$ lb. mushrooms.
 $\frac{1}{2}$ teaspoonful seasoning salt.
 $\frac{1}{2}$ oz. butter.

3 oz. tomatoes.
1 oz. wholemeal breadcrumbs.
Boiled crust (see p. 39).
1 gill tomato sauce or Espag-
nole sauce.

Cook the peas until tender in boiling water with a little salt and sugar; strain. Skin the mushrooms, sprinkle over them the seasoning salt, and cook in the butter until tender. Skin the tomatoes, and cut them up into slices. Mix the breadcrumbs with the mushrooms. Roll the pastry into a square shape; arrange the tomatoes, peas, and mushrooms on it. Moisten the edges of the pastry, roll up, wrap in buttered paper, tie up in a pudding-cloth, and boil for one and a half hours. Mix 1 gill of the liquid from the peas with the sauce, and boil up. Remove the cloth and paper from the roll, and place it on a hot dish; pour the sauce into a sauce-boat, and serve at once.

(Enough for 5 persons.)

Timbale of Beans.

1½ lb. cooked butter beans.	1 oz. flour.
1½ oz. butter.	½ pint liquor in which the
Raspings.	beans were cooked.
½ lb. kidney beans.	1 yolk of egg.
1 oz. butter.	

Rub the beans through a sieve, and mix with them the butter, which has been melted. Butter a tin and coat it with raspings; line the sides and bottom of the tin with the bean paste, keeping back a little to cover the top. Wash and string the kidney beans, and cut them into diamond shapes; cook till tender in a small quantity of boiling water; strain. Melt the butter, mix in the flour, add the liquid, and cook for ten minutes; season, add the yolk of egg, and beans. Pour into the centre of the butter-bean case, cover with the remainder of the beans, and bake for thirty minutes. Turn on to a hot dish, and serve immediately.

Timbale of Colcannon.

4 oz. spaghetti.	1 tomato.
½ pint water.	Raspings.
¼ pint milk.	Mixture for colcannon balls
1 oz. flour.	(see p. 43).
1 oz. butter.	½ pint tomato sauce.
2 oz. cooked mushrooms.	

Break the spaghetti into pieces about 2 inches long. Boil the milk and water, put in the spaghetti and ½ teaspoonful salt, and cook until the spaghetti is tender—about twenty minutes. Strain. Melt the butter, mix in

the flour, add the liquid in which the spaghetti was cooked, and cook for ten minutes. Season, and add the spaghetti, mushrooms (sliced), and tomatoes (skinned and sliced). Butter a plain cake-tin, and coat with raspings. Line the sides and bottom with about three-quarters of the colcannon, and put in the spaghetti. Cover with the remainder of the colcannon, and bake for half an hour. Turn on to a hot dish, and serve with tomato sauce.

Timbale of Mushrooms and Potatoes.

1 lb. mushrooms.
 $\frac{1}{2}$ teaspoonful salt.
 $\frac{1}{4}$ teaspoonful pepper.
 2 oz. butter.

$\frac{1}{2}$ lb. young potatoes (cooked).
 Cheese pastry (see p. 39).
 3 gills pink béchamel sauce
 (see p. 27).

Skin the mushrooms, sprinkle over them the salt and pepper, and cook until tender in the butter. Slice the potatoes. Roll out the pastry thinly, and line a plain mould or cake-tin, which has been buttered, with two-thirds of it. Put in the mushrooms, potatoes, and 1 gill of the sauce in layers, cover with the rest of the pastry, and bake for thirty minutes. Turn on to a hot dish, and serve the rest of the sauce with it in a boat.

Timbale of Vegetables.

$\frac{1}{2}$ lb. seakale.
 2 oz. mushrooms (cooked).
 4 oz. spaghetti (cooked).

$\frac{3}{4}$ pint tomato sauce.
 Short crust made with 6 oz.
 flour (see p. 42).

Trim the seakale, wash it, and cut into pieces of about 2 inches. Boil until tender in salted water. Strain.

Cut the mushrooms into small pieces, and mix with the seakale. Butter a plain cake-tin, and line with two-thirds of the pastry. Put in the seakale, etc., cover with the rest of the pastry, and bake in a moderate oven for three-quarters of an hour. Turn out on to a hot dish, and serve the rest of the tomato sauce with it.

CHAPTER VI

CURRIES, STEWS, AND SCALLOPS

Curried Eggs.

$\frac{3}{4}$ oz. butter.	$1\frac{1}{2}$ tablespoonfuls flour.
2 oz. chopped onion.	$\frac{1}{2}$ tablespoonful chutney.
3 oz. chopped apple.	$\frac{1}{4}$ tablespoonful sugar.
1 oz. sliced tomato.	$\frac{1}{2}$ tablespoonful lemon-juice.
$\frac{1}{2}$ tablespoonful curry-powder.	$1\frac{1}{2}$ gills milk.
1 tablespoonful curry-paste.	2 hard-boiled eggs.

FRY the onion to a golden brown in the butter ; add the apple and tomato. Mix the curry-powder, paste, flour, chutney, and sugar together, and add them to the onion, etc. Put on the lid of the saucepan, and cook for three minutes. Add the lemon-juice and milk. Simmer for one hour. Add the eggs (cutting each egg into eight pieces). Let them get hot through. Serve with boiled rice, or in timbales of rice (see below), in which case the curry that will not go into the cases should be served in a boat.

Timbales of Rice.

$\frac{1}{4}$ lb. tomatoes.	$1\frac{1}{2}$ pints milk.
$\frac{1}{2}$ lb. rice.	Salt and pepper.
$1\frac{1}{2}$ oz. butter.	Eggs and breadcrumbs.

Rub the tomato through a sieve, put it into a saucepan, with the rice, butter, and milk. Cook slowly until the

rice is tender and has absorbed all the milk. Season. Butter some teacups, press the mixture well in; leave for about five minutes, then turn out. Coat with egg and breadcrumbs. Mark the top with a cutter. Fry in deep fat. Remove the round from the top, and scoop out the rice from the inside. Fill with a savouring mixture, such as curry.

Curried Galantine.

Remains of galantine, No. 2.

(see p. 99, about $\frac{1}{2}$).

1 lb. cold boiled potatoes.

Curry sauce (see p. 29).

$\frac{1}{2}$ lb. boiled rice (see p. 92).

Cut the galantine and potatoes into small pieces, and put them into a stew-jar in a saucepan of water, or a double saucepan, with the curry sauce, and cook for one hour. Serve with boiled rice.

Vegetable Curry.

$\frac{1}{4}$ lb. butter beans.

$\frac{1}{4}$ lb. carrots.

$\frac{1}{4}$ lb. cauliflower.

$\frac{1}{4}$ lb. turnips.

$\frac{1}{4}$ lb. potatoes.

$\frac{1}{4}$ lb. mushrooms.

1 large apple.

2 oz. onions.

2 $\frac{1}{2}$ oz. butter.

1 tablespoonful flour.

3 teaspoonfuls curry-powder.

1 $\frac{1}{2}$ teaspoonfuls curry-paste.

1 $\frac{1}{2}$ teaspoonfuls chutney.

1 teaspoonful lemon-juice.

1 pint water in which the beans were boiled.

Soak the beans for twenty-four hours. Put them on in the water in which they were soaked, and cook until tender—about one hour and a half. Strain and skin the beans. Wash and prepare the vegetables. Parboil the carrot for three-quarters of an hour. Scald the cauliflower, and divide it into medium-sized pieces. Cut the

carrot, turnip, and potatoes into small pieces, also the mushrooms, if large. Peel, core, and chop the apple. Chop the onion, and fry it in a little of the butter; take it out; put in the rest of the butter; fry the mushrooms and potatoes. Put back the onion. Mix the flour, curry-paste, powder, and chutney together, and sprinkle over the fried vegetables. Add the lemon-juice; stir over a slow fire for a few seconds. Add 1 pint of water from the beans; bring to boiling-point; skim. Add the beans and the rest of the vegetables, and the sugar. Cook in a double vessel for one hour and a half. Serve with boiled rice.

Butter Beans à la Hollandaise.

$\frac{1}{2}$ lb. butter beans (cooked).

Hollandaise sauce (see p. 31).

Vegetables from stock for clear soup (see p. 9).

Mix the beans and sauce together. Make the vegetables hot in a little stock. Strain, and make a border of them on a hot dish. Pour the beans and sauce into the centre, and serve very hot.

Butter Beans à la Maître d'Hôtel.

$\frac{1}{2}$ lb. butter beans.

Water.

$\frac{1}{2}$ oz. butter.

2 teaspoonfuls chopped
parsley.

Sauce.

2 oz. butter.

2 oz. flour.

1 pint water in which beans
were cooked.

Wash and soak the beans in plenty of cold water. Skin them, and tie them in muslin, and cook gently in the water in which they were soaked, with the skins and a little salt and $\frac{1}{2}$ oz. butter. They will take from an

hour to an hour and a half. Lift out the beans, strain the water, and make a sauce with the butter, flour, and water, using a little milk to make up to a pint if not enough. Add the beans, parsley, and seasoning of pepper and salt.

Stewed Butter Beans.

$\frac{1}{2}$ lb. butter beans.
1 quart water.
10 oz. Spanish onion.
 $\frac{3}{4}$ lb. carrots.

2 oz. butter.
1 teaspoonful salt.
1 teaspoonful chopped
parsley.

Soak the beans all night in plenty of water, and then skin them. Slice the onion thinly. Scrape the carrot and cut into slices about $\frac{1}{8}$ inch in thickness (if a very large carrot is used, the slice should be cut across again). Melt the butter in a saucepan; when hot, fry the onion to a golden brown. Add the carrot, beans, and water in which they were soaked, and the salt. Simmer for one hour and a half until the vegetables are tender. Serve very hot in an entrée dish, and sprinkle with parsley.

Cauliflower and Beans.

1 small cauliflower (cooked).
 $\frac{1}{2}$ pint Hollandaise sauce
(see p. 31).

$\frac{1}{2}$ lb. butter beans (cooked).
8 croûtons of spinach.

Divide the cauliflower into small pieces. Put the beans into a saucepan with the sauce. When hot, put in the pieces of cauliflower; let them get warm through. Turn out on to a hot dish, and put the croûtons of spinach round. For the croûtons of spinach, boil some spinach (see p. 136), and pile it in a pyramid shape on some small rounds of fried bread. Serve at once.

Stewed Flageolets.

$\frac{1}{2}$ lb. flageolets.	4 oz. celery.
3 pints water.	1 teaspoonful salt.
1 teaspoonful chopped onion.	1 gill milk.
1 oz. butter.	Potato Beignets, No. 2 (see p. 144, $\frac{1}{2}$ quantities).

Soak the beans all night in the water. Strain and remove the skins. Cook the onion in the butter for five minutes, without browning. Cut the celery into pieces about $1\frac{1}{2}$ inches long. Add the celery and beans to the onion, also the salt and the water in which the beans were soaked. Cook slowly for two hours. Add the milk. Serve on a hot dish, garnished with 'Potato Beignets.'

Stewed Haricot Beans.

2 lb Spanish onions.	Pepper and salt.
2 oz. butter.	1 lb. cooked haricot beans.
1 oz. flour.	1 lb. Brussels sprouts (cooked).
1 pint liquid in which the beans were cooked.	

Cut the onions into thin slices, and fry them in the butter until a pale brown. Add the flour, mix well, then add the liquid and seasoning. Cook for twenty minutes. Add the beans, and cook for half an hour longer. Put on to a hot dish, and garnish with Brussels sprouts.

Haricot Beans in Tomato Sauce.

$\frac{1}{2}$ lb. haricot beans.	$\frac{1}{2}$ pint tomato sauce.
Water.	1 teaspoonful cornflour.
Salt.	

Wash the beans and soak them in cold water for twenty-four hours. Put the beans on to boil in the

water they were soaked in, adding a little salt. Boil slowly with the lid on. When tender, and the water almost evaporated, add the tomato sauce. If not thick enough to cling together, thicken with cornflour. Haricot beans take three hours to boil tender. Butter beans take one hour and a half to boil tender.

Irish Stew.

1 lb. Spanish onion.	1½ gills bean stock.
1½ lbs. potatoes.	1 teaspoonful salt.
1 oz. butter.	¼ teaspoonful pepper.
6 oz. butter beans (cooked).	

Slice the onion, and cook it for five minutes in the butter. Peel the potatoes, and cut them into quarters. Remove the onion from the saucepan. Put in a layer of potatoes, onions, and beans. Add the stock and seasoning, and cook for one hour and a half.

Mushroom and Lentil Stew.

½ lb. lentils.	4 oz. butter.
1 quart water.	½ lb. Brussels sprouts
3 oz. onions.	(cooked).
1 lb. mushrooms.	½ lb. potatoes (fried).

Soak the lentils all night in 1 quart of cold water. Tie them in muslin (loosely), and cook for one hour in the water in which they were soaked. Slice the onion and peel the mushrooms. Fry the onion in the butter to a golden brown, remove it from the saucepan, and fry the mushrooms. Put back the onion, and add the water in which the lentils were cooked. Simmer for one hour till the mushrooms are tender. Rub the lentils through

a wire-sieve, and add to them the mushrooms, etc. Add the Brussels sprouts; let them get quite hot. Season. Serve on a flat dish. Garnish with the potatoes.

Sautéed Mushrooms.

1 lb. mushrooms.

4 oz. butter.

Pepper and salt.

Sautéed potatoes (see p. 134).

1 teaspoonful chopped parsley.

Trim and peel the mushrooms. Sprinkle them with pepper and salt, and fry them in the butter for five minutes. Put on the lid of the saucepan, and cook slowly until the mushrooms are tender—about thirty minutes. Place the mushrooms on a hot dish, and pour over them any juice there may be. Place the potatoes round, and sprinkle the parsley over. Serve at once.

Stewed Mushrooms.

1 lb. mushrooms.

3 oz. butter.

1 oz. flour.

$\frac{1}{2}$ pint milk.

$\frac{1}{2}$ pint water.

Pepper and salt.

Trim the mushrooms, cut off the stalks, and stew them in $\frac{1}{2}$ pint of water with a little salt. Sprinkle the mushrooms with pepper and salt. Put 2 oz. of the butter into a saucepan; when melted, put in the mushrooms, cover closely, and cook gently until tender. Melt the rest of the butter in a saucepan, add the flour, stir until smooth; then add the milk gradually, and the water from the stalks. Boil for five minutes, then add this sauce to the mushrooms. Season, and serve on a hot dish; garnish with croûtons of pastry.

(Enough for 4 persons.)

Scalloped Artichokes.

8 oz. artichokes (cooked).

1 gill Hollandaise sauce.

Cut the artichokes into pieces, mix with a teaspoonful of the sauce, and arrange in scallop-shells. Coat with the rest of the sauce. Bake for about ten minutes.

(Enough for 3 scallops.)

Scalloped Salsify.

8 oz. salsify (cooked).

1 gill béchamel sauce.

Make as above.

Scalloped Eggs and Potatoes.

Potato paste (see p. 41).

8 eggs.

$\frac{1}{2}$ pint white sauce (see p. 37).

Butter eight scallop-shells, and line them with half the potato paste, and put the rest into a forcing-bag with a rose forcer at the end. Poach the eggs (see p. 149), and put one into each shell. Cover with the white sauce, and force the rest of the potato round the edge. Bake in a quick oven for about ten minutes. Serve at once.

Scalloped Mushrooms.

1 lb. mushrooms.	1 oz. flour.
1 teaspoonful salt.	1 gill milk.
$\frac{1}{4}$ teaspoonful pepper.	$\frac{3}{4}$ lb. potato paste (see p. 41).
4 oz. butter.	1 teaspoonful chopped parsley.

Skin the mushrooms, and cut them up. Sprinkle over them the pepper and salt. Cook in the butter until tender (about fifteen minutes). Add the flour; mix well. Add the milk, and cook for five minutes. Line six scallop-shells with half the potato paste, and put the rest into a forcing-bag with a rose forcer at the end. Put the mushroom mixture into the scallop-shells, and force the rest of the potato round the edge. Bake in a hot oven for ten minutes. Sprinkle with the parsley, and serve at once.

(Enough for 6 scallop-shells.)

Scalloped Spinach and Eggs.

1 lb. spinach.	Pepper and salt.
4 eggs.	$\frac{1}{2}$ oz. grated cheese.
4 tablespoonfuls white sauce.	

Cook the spinach as in recipe for Boiled Spinach, p. 136. Return to the saucepan, and season with pepper and salt. Butter four scallop-shells, and line with spinach, leaving a little hollow in the middle for the egg. Poach the eggs, and put one in each shell. Coat with the white sauce. Sprinkle with the cheese. Bake for about five minutes. Serve at once.

Fricassée of Broad Beans.

1 lb. broad beans (weighed
after shelling).
1 lb. cooked potatoes.
1 oz. butter.
1 oz. flour.
 $\frac{1}{2}$ pint milk.
 $\frac{1}{2}$ pint liquid in which beans
were cooked.

1 whole egg or 2 yolks.
Salt and pepper.
1 tablespoonful chopped
parsley.
Tomato garnish (see p. 44,
using 1 lb. tomatoes cut
in halves horizontally).

Skin the beans, and cook them gently in boiling water with a little salt until tender—about fifteen minutes. Strain. Cut the potatoes into pieces lengthways. Melt the butter, mix in the flour, add the milk gradually, and cook for ten minutes. Add the liquid from the beans, the yolk of egg, seasoning, beans and potatoes, and stir over the fire until the vegetables are quite hot. Add the parsley. Turn on to a hot dish, and place the tomatoes round the edges. Serve at once.

(Enough for 6 persons.)

Fricassée of Mushrooms and Peas.

1 lb. mushrooms.
1 teaspoonful salt.
 $\frac{1}{4}$ teaspoonful pepper.
2 oz. butter.
 $\frac{1}{2}$ oz. flour.

$\frac{1}{2}$ pint milk.
1 egg or 2 yolks of eggs.
1 lb. green peas (weighed
after shelling).
3 hard-boiled eggs.

Skin the mushrooms, sprinkle the salt and pepper over them. Fry them in the butter for five minutes, then put the lid on the saucepan and cook gently until the mushrooms are tender. Take out the mushrooms, mix in the

flour, add the milk, and cook for five minutes. Beat up the egg, and add it to the sauce. Put in the mushrooms, and stir over the fire until thoroughly hot. Cook the peas by the recipe on p. 129. Arrange them in a ring on a hot dish, and place the mushrooms in the centre. Remove the shells from the eggs, cut each in four lengthways, and place the pieces on top of the peas. Serve at once.

(Enough for 6 persons.)

Fricassée of Onions and Potatoes.

$\frac{1}{2}$ lb. spring onions (weighed
without the green).
 $\frac{1}{2}$ lb. new potatoes (small).
1 oz. butter.
 $\frac{1}{2}$ pint water.
Salt and pepper.
 $\frac{1}{2}$ oz. flour.

1 gill milk.
1 egg or 2 yolks.
 $\frac{1}{4}$ lb. spaghetti.
1 oz. cheese (grated).
Tomato garnish (see p. 44,
using $\frac{1}{2}$ lb. tomatoes).

Skin the onions and scrape the potatoes. Melt the butter in a saucepan, and cook the onions and potatoes in it for five minutes. Add the water and seasoning, and simmer gently until the vegetables are tender—about thirty minutes. Mix the flour smoothly with the milk, and add it to the onions, etc. Cook for five minutes. Beat up the egg and add it to the mixture, and stir over the fire for a few minutes. Cook the spaghetti by the recipe on p. 85. Arrange it in a ring on a hot dish, sprinkle the cheese over it, and bake in a hot oven for ten minutes. Put the onion, etc., in the centre, and put the tomatoes on top. Serve at once.

(Enough for 6 persons.)

Summer Fricassée (No. 1).

$\frac{1}{2}$ lb. carrots.	$\frac{1}{2}$ oz. flour.
$\frac{1}{2}$ lb. peas (weighed after shelling).	$\frac{1}{4}$ pint milk.
$\frac{1}{4}$ lb. macaroni.	1 egg or 2 yolks.
$\frac{1}{2}$ oz. butter.	Salt and pepper.

Wash and scrape the carrots, and cut through lengthways. Put into boiling water with a little salt, and cook until tender. Strain. Put the peas into 1 pint of boiling water with a little sugar and salt, cook until tender, and then strain. Cook the macaroni in 1 pint of water until it is tender, and has absorbed all the water. Melt the butter in a saucepan, mix in the flour, add the milk gradually, and cook for ten minutes. Add $\frac{1}{4}$ pint of the liquid in which the peas were boiled, the egg (beaten), and pepper and salt. Put in the carrots and peas, and stir over the fire until thoroughly hot. Arrange the macaroni round the edge of a hot dish, place the carrots, etc., in the centre, and serve at once.

(Enough for 6 persons.)

Summer Fricassée (No. 2).

$\frac{1}{4}$ lb. carrots.	$\frac{3}{4}$ oz. flour.
$\frac{1}{2}$ lb. peas (weighed after shelling).	$1\frac{1}{2}$ gills milk.
$\frac{3}{4}$ lb. lettuce.	1 whole egg or 2 yolks.
$\frac{3}{4}$ oz. butter.	Salt and pepper.
	6 poached eggs.

Scrape the carrots, and cut in halves lengthways; cook them until tender in boiling water. Strain. Cook the peas in 1 pint of boiling water with a little sugar and

salt until tender, then strain. Wash the lettuce and cut it up. Cook in 1 pint of boiling water with a little salt until tender. Strain. Melt the butter, mix in the flour, add the milk gradually, and cook for ten minutes. Add $1\frac{1}{2}$ gills of liquid in which the peas were cooked, the egg (beaten), salt, and pepper. Add the carrots, peas, and lettuce; stir over the fire until quite hot. Turn on to a hot dish, and place the poached eggs on the top. Serve at once.

(Enough for 6 persons.)

CHAPTER VII

MACARONI AND RICE

NOTES ON MACARONI.

MACARONI is one of the most important foods in our vegetarian diet. It is nourishing and digestible, and can be served in a variety of ways, which prevents it from becoming monotonous.

Macaroni is an Italian preparation, though it is now manufactured largely in our own country.

It is a mixture of flour and water, with or without egg, and a little butter, worked into a stiff paste, and made into various shapes, each shape having its own particular name.

I have given one recipe for macaroni, as it is particularly delicate freshly made. It can be used in all recipes where Italian paste is given; but it is a great convenience and a saving of time to buy it ready made, and one has a larger choice of shapes.

The very large straight macaroni is known as Naples, the fine straight as spaghetti, the curled as Genoa, the very fine curled as vermicelli, little shell shapes as coquilles aux œufs. Besides these we have the ribbon macaroni, and a large variety of little shapes, such as letters, stars, and melon-seeds, all of which come under the name of Italian paste.

To cook macaroni, put it into boiling water with a little salt, and cook until tender. The time varies according to the kind: Genoa takes from one to one and a half hours, Naples about thirty minutes, spaghetti from twenty to twenty-five minutes, vermicelli twenty minutes, coquilles aux œufs twenty minutes. All little squares of Italian paste about twenty minutes. It must be strained as soon as tender, or it becomes sodden. The liquid in which it is boiled should be reserved for soups and sauces, unless the macaroni has absorbed all the water, in which case the macaroni will have a better flavour.

Macaroni.

$\frac{1}{2}$ lb. flour.
 $\frac{1}{4}$ teaspoonful salt.
 2 eggs.

$\frac{1}{2}$ oz. butter.
 1 tablespoonful tepid water.

Pass the flour and salt through a sieve. Make a hole in the middle, put in the eggs and butter. Mix into a firm dough, adding the water gradually. Knead well until the dough is smooth and even in texture. Roll out as thin as possible, about the thickness of a penny. Let this stand for about an hour, then dust with flour, and fold over into widths of about 2 inches. Cut transversely into thin strips, unroll these strips, and spread them out to dry. When dry, the macaroni is ready for use.

Coquilles aux Œufs.

4 oz. coquilles œufs.
 1 pint stock.
 1 oz. onions.
 1 small bay-leaf.

4 oz. mushrooms.
 1 oz. butter.
 $\frac{1}{2}$ oz. grated cheese.
 Croûtons of pastry (see p. 44).

Put the stock into a saucepan, bring to boiling-point. Add the coquilles, onion and bay-leaf, and cook until

tender and all the stock is absorbed—about one hour. Skin the mushrooms and chop them. Cook until tender in the butter; add the coquilles and the seasoning. Place on a fireproof dish, sprinkle over the cheese, and bake for ten minutes. Place the croûtons round, and serve at once.

Stewed Macaroni and Celery (No. 1).

$\frac{1}{4}$ lb. macaroni (Genoa).	1 oz. flour.
$\frac{3}{4}$ lb. celery.	1 pint liquid in which the
1 quart water (boiling).	macaroni and celery have
1 quart milk.	been cooked.
2 oz. butter.	

Break up the macaroni into pieces about 2 inches in length, and put it into 1 quart of boiling water, with a little salt. Cook for twenty minutes. Wash the celery, and cut it into pieces about 2 inches in length. Put into the saucepan with the macaroni. Add the milk, and cook until the celery is tender—about one and a half hours. Strain. Make a sauce with the butter, flour, and 1 pint of the liquid. Season, add the macaroni and celery, and serve.

The liquid left over should be used for soups or sauces.

Stewed Macaroni and Celery (No. 2).

$\frac{1}{4}$ lb. Naples macaroni.	$\frac{1}{2}$ teaspoonful salt.
2 heads of celery ($\frac{1}{2}$ lb. when	$1\frac{1}{2}$ gills tomato sauce.
cleaned).	$\frac{1}{2}$ oz. grated cheese.
1 pint water.	Garnish of tomatoes or pastry.

Break up the macaroni into pieces about 2 inches in length. Well wash the celery; use only the best part,

Cut it into pieces of about 2 inches. Cook gently in 1 pint of boiling water for half an hour; then add the macaroni and salt, and cook for another hour without stirring. Add the tomato sauce; mix carefully, taking care not to break the macaroni. Pour into a pie-dish; sprinkle with cheese. Bake for about five minutes. Garnish and serve.

Tomato Garnish.

Take five small tomatoes ($\frac{1}{2}$ lb.), cut them in half sideways. Sprinkle with sugar, pepper, and salt. Put on a buttered baking-sheet, and bake for about eight minutes.

Pastry Garnish.

$\frac{1}{4}$ lb. flour.
 $1\frac{1}{2}$ oz. lard.

Salt.
 Water.

Make the pastry as for short crust; roll out and cut out with a small fancy cutter. Bake, and use as wanted.

Macaroni Cheese.

$\frac{1}{4}$ lb. macaroni.
 $1\frac{1}{2}$ oz. butter.
 1 oz. flour.

$\frac{1}{2}$ pint milk.
 Cayenne, salt, pepper.
 4 oz. grated cheese.

Break up the macaroni, and cook it in boiling water with a little salt until tender, then strain. Melt the butter in a saucepan, mix in the flour, add the milk gradually, stir over the fire until boiling. Cook for five minutes. Add the seasoning, half of the cheese, and the macaroni. Put into a pie-dish; sprinkle over the rest of the cheese. Bake until slightly brown. Sprinkle with raspings, and serve at once.

Macaroni and Green-Pea Sauce.

4 oz. macaroni.	Green-pea sauce (see p. 30).
1 pint boiling water.	Pastry croûtons or cooked
$\frac{1}{2}$ teaspoonful salt.	mushrooms.

Break the macaroni into pieces about 3 inches long ; cook in boiling water with a little salt until tender. When the macaroni is tender, and has absorbed all the water, add it to the sauce. Serve in a hot dish. Garnish with pastry croûtons or mushrooms.

Macaroni and Mushroom Sauce.

4 oz. macaroni.	$\frac{1}{2}$ pint mushroom sauce (see
1 pint boiling water.	p. 32).
$\frac{1}{2}$ teaspoonful salt.	Garnish of tomatoes (see p. 88).

Make as for macaroni and green-pea sauce.

Macaroni and Spinach Sauce.

4 oz. macaroni.	$\frac{1}{2}$ pint spinach sauce (see p. 36).
1 pint boiling water.	Garnish of hard-boiled
$\frac{1}{2}$ teaspoonful salt.	egg.

Make as for macaroni and green-pea sauce.

Macaroni and Tomato Sauce.

4 oz. macaroni.	$\frac{1}{2}$ pint tomato sauce (see p. 36)
1 pint boiling water.	Garnish of cheese croûtons
$\frac{1}{2}$ teaspoonful salt.	(see p. 45).

Make as for macaroni and green-pea sauce.

Macaroni Mould (No. 1).

Macaroni cutlet mixture,
leaving out the cheese
(see p. 111).

$\frac{1}{4}$ lb. mushrooms.

$\frac{1}{8}$ teaspoonful pepper.

$\frac{1}{2}$ teaspoonful salt.

$\frac{1}{2}$ oz. butter.

$\frac{3}{4}$ lb. green peas (cooked).

1 oz. butter.

1 oz. flour.

$\frac{3}{4}$ pint liquid in which peas
were cooked.

2 tablespoonfuls cream.

Salt and pepper.

Butter a pint basin, and line it with part of the macaroni mixture. Trim the mushrooms and cut them up; sprinkle over them the pepper and salt, and fry in $\frac{1}{2}$ oz. butter for five minutes. Put on the lid of the saucepan, and cook gently until the mushrooms are tender. Put the mushrooms and two-thirds of the peas into the mould in layers. Put the rest of the macaroni on the top, cover with buttered paper, and steam for one hour. Melt 1 oz. butter, mix in the flour, add the liquid from the peas gradually, and cook for ten minutes; add the cream and the rest of the peas and seasoning. Turn the mould on to a hot dish, pour a little sauce round, put the rest into a sauce-boat, and serve at once.

(Enough for 4 or 5 persons.)

Macaroni Mould (No 2).

Macaroni cutlet mixture,
leaving out the cheese
(see p. 111).

$\frac{1}{2}$ lb. tomatoes.

1 oz. wholemeal breadcrumbs.

$\frac{1}{2}$ teaspoonful salt.

$\frac{1}{8}$ teaspoonful pepper.

$\frac{1}{4}$ teaspoonful sugar.

$\frac{1}{4}$ pint white sauce (see p. 37).

$\frac{1}{4}$ pint water in which macaroni
was cooked.

1 hard-boiled egg.

Butter a pint basin, and line it with part of the macaroni mixture. Skin the tomatoes, and cut them

into slices; sprinkle over them the salt, pepper, and sugar. Put the tomato and breadcrumbs into the basin in layers; cover with the rest of the macaroni; put a piece of buttered paper on the top, and steam for one hour. Mix the sauce and water from macaroni together. Rub the egg through a sieve, and add it to the sauce. Turn the mould on to a hot dish, pour the sauce into a sauce-boat, and serve at once.

(Enough for 4 or 5 persons.)

Macaroni and Broad-Bean Mould.

3 oz. macaroni.
3 gills water.
 $\frac{1}{4}$ teaspoonful salt.
1 lb. broad beans (weighed
after shelling).

$\frac{3}{4}$ pint white sauce, using
 $\frac{1}{2}$ milk and $\frac{1}{2}$ water from
beans.
 $\frac{1}{2}$ teaspoonful chopped parsley.
Pepper and salt.

Make as for rice and broad-bean mould (p. 94).

(Enough for 4 or 5 persons.)

Macaroni and Mushroom Mould.

3 oz. macaroni.
3 gills water.
 $1\frac{1}{2}$ lb. mushrooms.
 $\frac{1}{4}$ teaspoonful chopped onion.

$\frac{1}{4}$ teaspoonful pepper.
 $\frac{1}{4}$ teaspoonful salt.
2 oz. butter.
 $\frac{1}{2}$ pint white sauce (see p. 37).

Make as for rice and mushroom mould (p. 94).

(Enough for 4 or 5 persons.)

NOTES ON RICE.

Rice is one of the principal starchy foods. There are many varieties; the principal are Carolina, Java, and Patna. Patna has a longer grain than the others, and looks better as a garnish. Rice should not be washed unless it is dirty, as, if this is done, some of the starch will be lost. The water in which it is cooked should be used for soups and sauces.

Boiled Rice.

$\frac{1}{2}$ lb. Patna rice.	3 teaspoonfuls salt.
3 teaspoonfuls vinegar or lemon-juice.	3 quarts boiling water.

Wash the rice; put it into boiling water with the vinegar and salt. Bring quickly to boiling-point. Skim. Boil rapidly for fifteen minutes with the lid off. Take out a few grains; if tender, fill up the saucepan with cold water. Let the rice settle, pour off the water, and fill the saucepan up again with cold water until it looks clear. Turn into a colander, and place over a saucepan containing a little boiling water; cover with a plate. Leave on the stove, where the water will boil, until the rice is thoroughly heated; then serve. It is *important* not to let the rice cook after it is tender, or the grains will not be separate. Carolina and Java rice takes longer to cook than Patna.

Rice and Tomato Sauce.

3 oz. Patna rice.	Pepper and salt.
1 pint butter-bean stock (see p. 8).	8 oz. Spanish onion.
1 gill tomato sauce (see p. 36).	$1\frac{1}{2}$ oz. butter.

Wash the rice, and put it into a saucepan with the stock. Cook until the rice is tender and has absorbed

all the stock. Add the tomato sauce and seasoning. Skin and chop the onion, and cook it until golden brown in the butter. Put the rice on to a hot dish, and place the onion round. Serve at once.

(Enough for 4 persons.)

Rice Moulds with Mushroom Sauce.

4 oz. rice.	$\frac{1}{2}$ pint mushroom sauce
1 pint stock.	(see p. 32).
Salt and pepper.	

Put the rice and stock into a saucepan, and cook until the rice is tender and has absorbed all the stock. Add seasoning if necessary, and press the mixture firmly into buttered egg-cups or small tea-cups. Turn on to a hot dish, and pour the sauce over. Serve at once.

Rice Moulds with Spinach Sauce.

4 oz. rice.	Salt and pepper.
1 pint stock.	$\frac{1}{2}$ pint spinach sauce (see p. 36).

Make as for rice moulds with mushroom sauce.

Rice Moulds with Tomato Sauce.

4 oz. rice.	Salt and pepper.
1 pint stock.	$\frac{1}{2}$ pint tomato sauce (see p. 36).

Make as for rice moulds with mushroom sauce.

Rice and Broad-Bean Mould.

3 oz. Carolina rice.
3 gills water.
 $\frac{1}{4}$ teaspoonful salt.
1 lb. broad beans (weighed
after shelling).

$\frac{3}{4}$ pint white sauce, using
 $\frac{1}{2}$ milk and $\frac{1}{2}$ water from
beans.
 $\frac{1}{2}$ teaspoonful chopped parsley.
Pepper and salt.

Put the rice into a saucepan with the water and salt; cook gently until it has absorbed all the water. Skin the beans, and cook them in boiling water with a little salt until tender. Strain, and mix half of them with $\frac{3}{4}$ gill of the sauce and the parsley. Butter a mould, and put in a layer of rice, then a layer of beans, until the mould is full, having rice last. Cover with buttered paper, and steam for one hour. Add 1 gill of the water from the beans to the rest of the sauce and the rest of the beans; season again if necessary, and boil up. Turn out the rice on to a hot dish, pour a little of the sauce round, put the rest into a sauce-boat, and serve at once.

(Enough for 4 or 5 persons.)

Rice and Mushroom Mould.

3 oz. Carolina rice.
3 gills water.
 $1\frac{1}{2}$ lb. mushrooms.
 $\frac{1}{4}$ teaspoonful chopped onion.

1 teaspoonful salt.
 $\frac{1}{4}$ teaspoonful pepper.
2 oz. butter.
 $\frac{1}{2}$ pint white sauce (see p. 37).

Cook the rice in the water until all is absorbed. Peel and skin the mushrooms, and cut in pieces. Fry them in the butter with the onion and seasoning for five minutes, put on the lid of the saucepan, and cook until tender. Strain the mushrooms, and mix two-thirds of

them with one-third of the white sauce. Butter a pint mould and put in a layer of rice, then mushrooms; fill the mould in this way, having rice last. Press the mixture well in; cover with buttered paper, and steam for one hour. Cut the rest of the mushrooms into small pieces, and mix them with the rest of the white sauce and the liquid which was strained from them. Turn the mould on to a hot dish, pour a little sauce round, put the rest into a sauce-boat, and serve at once.

(Enough for 4 or 5 persons.)

Spaghetti Mould (No. 1).

Spaghetti Mixture.

3 oz. spaghetti.
3 oz. tomatoes.
 $\frac{1}{8}$ teaspoonful chopped shalot.
 $\frac{1}{4}$ oz. butter.
 $\frac{1}{4}$ oz. flour.
Salt and pepper.

$\frac{1}{2}$ lb. kidney beans.
 $\frac{1}{2}$ pint white sauce.
1 gill liquid in which beans
were cooked.
1 yolk of egg.
 $\frac{1}{2}$ teaspoonful chopped parsley.

Break the spaghetti into small pieces, and cook in boiling water until tender. Strain. Rub the tomato through a sieve. Cook the shalot in the butter for five minutes. Add the flour and tomato, and cook for five minutes. Add the seasoning and spaghetti. Butter a pint basin, and line it with part of the spaghetti mixture. String the beans and cut into small pieces. Cook in boiling water until tender. Strain, and mix with $\frac{3}{4}$ gill of white sauce. Put the beans into the basin; cover with the rest of the spaghetti. Cover with buttered paper, and steam for one hour. Mix the rest of the white sauce with 1 gill of liquid from the beans; add the

egg and parsley. Season if necessary. Turn the mould on to a hot dish, pour a little sauce round, put the rest into a boat, and serve at once.

(Enough for 4 or 5 persons.)

Spaghetti Mould (No. 2).

Spaghetti Mixture.

3 oz. spaghetti.
3 oz. tomatoes.
 $\frac{1}{2}$ teaspoonful chopped shalot.
 $\frac{1}{2}$ oz. butter.
 $\frac{1}{4}$ oz. flour.
Pepper and salt.

Mushroom Filling.

1 lb. mushrooms.
2 oz. butter.
1 teaspoonful salt.
 $\frac{1}{4}$ teaspoonful pepper.
 $\frac{1}{4}$ pint white sauce.

Thyme stuffing, $\frac{1}{2}$ quantities (see p. 214).

Make the spaghetti mixture as in Mould No. 1. Line a buttered mould with part of it. Spread over a layer of thyme stuffing. Fill with the mushroom filling, reserving a little of it to add to the white sauce; cover with thyme stuffing, then with the spaghetti mixture. Cover with buttered paper, and steam for one hour. Chop the rest of the mushroom filling, and add it to the white sauce with $\frac{1}{2}$ gill of the water in which the spaghetti was cooked. Turn the mould on to a hot dish, and garnish with parsley. Serve the sauce in a boat.

For the mushroom filling: Trim and cut up the mushrooms, sprinkle over them the pepper and salt, and fry in the butter for five minutes. Put on the lid of the saucepan, and cook gently until the mushrooms are tender.

CHAPTER VIII

GALANTINES

Egyptian Galantine.

$\frac{3}{4}$ lb. Egyptian lentils.
3 pints water.
2 oz. onions.
2 oz. carrots.
1 teaspoonful celery-seed.
8 oz. breadcrumbs.
3 eggs.
3 oz. butter.

1 teaspoonful seasoning salt
(see p. 213).
3 hard-boiled eggs.
 $\frac{1}{2}$ lb. tomatoes.
1 gill tomato sauce.
 $\frac{1}{2}$ pint lentil stock.
3 teaspoonfuls cornflour.

SOAK the lentils all night in the water. Put them in a muslin bag in the saucepan with the water in which they were soaked, the carrot, onion, and celery-seed; boil for about one and a half hours. Take out the lentils, drain very well, and rub them through a sieve; mix with them the breadcrumbs, eggs (beaten), butter (melted), and the seasoning salt. Place half the mixture on a board, flatten it out into a long shape about $\frac{1}{2}$ inch in thickness, and arrange on it the eggs cut in strips, keeping back half an egg for garnishing, and the tomatoes, skinned and cut in strips. Place the rest of the lentil mixture on the top, and make into a neat roll. Wrap in grease-proof paper, and tie in a cloth. Steam for one hour. Put the tomato sauce and 1 gill of the stock into a saucepan; mix the cornflour smoothly

with a little cold water, and add it to the tomato sauce when boiling. Cook for ten minutes. Rub the yolk of egg through a wire-sieve, and chop the white finely. Remove the cloth and paper from the galantine, and place it on a hot dish; coat with the sauce. Place a thin line of yolk of egg down the centre of the galantine, and place little heaps of white of egg and chopped parsley alternately on each side of it. Add the rest of the stock to the tomato sauce, boil up, and pour a little round the galantine. Put the rest into a sauce-boat. Serve at once.

Galantine (No. 1).

<p> $\frac{3}{4}$ lb. butter beans. 3 pints water. 2 oz. onion. 2 oz. carrot. 1 teaspoonful celery-seed. 8 oz. breadcrumbs. 3 eggs. 3 oz. butter. Salt and pepper. Green-pea cutlet mixture (see p. 110). Mushroom croquette mixture (see p. 112). </p>	
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Sauce.

$\frac{3}{4}$ pint stock from beans.
Mushroom stalks.
3 teaspoonfuls cornflour.
1 gill tomato sauce.
2 tomatoes.
Parsley.

Soak the beans all night in the water; put them into a saucepan with 1 teaspoonful salt; bring to boiling-point. Add the carrot, onion, celery-seed, and cook until the beans are tender—about two hours. Strain. Rub the beans through a wire-sieve, and mix with them the breadcrumbs, the eggs (beaten), the butter (melted), and seasoning. Spread this mixture out on a floured board in a square shape—about 8 inches, and $\frac{1}{2}$ inch thick.

Make the green-pea mixture into a roll about 6 inches long. Spread the mushroom mixture out on a board, and roll the green-pea mixture up in it. Place this roll on the bean mixture, and roll up carefully, closing the ends. Roll in buttered paper, tie in a cloth, and steam for one hour. Put the mushroom stalks into a saucepan with $\frac{3}{4}$ pint stock; cook for one hour. Strain. Mix the cornflour smoothly with a little cold water, add to it the stock, and cook for ten minutes. Take out the galantine, remove the cloth and paper, and place it on a hot dish. Coat the roll with some of the sauce, add the tomato sauce to the rest, and pour it round the dish. Garnish the roll with slices of tomato and sprigs of parsley.

Galantine (No. 2).

8 oz. cooked butter beans.	4 oz. breadcrumbs.
1 oz. carrot.	1 gill bean stock.
1 oz. onion.	1 egg.
4 oz. mushrooms.	2 oz. tomatoes.
$\frac{1}{2}$ teaspoonful seasoning.	2 hard-boiled eggs.
2 oz. butter.	

Rub the beans through a sieve. Cut the carrot, onion, and mushroom stalks into small pieces, and fry with the seasoning in $\frac{1}{2}$ oz. of the butter until tender; rub them through a sieve, and mix with the breadcrumbs, bean stock, and beaten egg. Cook the mushrooms in the rest of the butter until tender, and cut all but one or two into strips. Skin the tomatoes and cut into slices, and cut the eggs into strips. Put about one-third of the beans, etc., on to a floured board, and make into an oblong shape; then put layers of mushroom, egg, and

tomato on it. Cover with another layer of the bean mixture, and then the rest of the beans on top. Join the edges together, and coat with egg and crumbs twice (see p. 104). Fry in deep fat. Serve with the following sauce:

Butter from mushrooms.
3 sprigs of parsley.
 $\frac{1}{2}$ oz. flour.

Liquid from mushrooms
and bean stock to make
 $\frac{1}{2}$ pint.

Fry the parsley (shredded) and flour in the butter until the flour is brown. Add the liquid gradually, and cook for ten minutes; then add the mushrooms left from the galantine, cut into small pieces. Season and serve.

Galantine (No. 3).

Butter-bean paste (for
galantine, see p. 39).
Mushroom croquette mix-
ture, No. 2 (see p. 112).
4 oz. tomatoes.

2 hard-boiled eggs.
 $\frac{1}{2}$ pint liquid in which the
beans were cooked.
3 teaspoonfuls cornflour.
1 gill tomato sauce.

Place half of the bean paste on a floured board, and make into an oblong shape; place one-third of the mushroom mixture on it. Skin the tomatoes and cut into slices. Cut the egg into pieces. Arrange half the egg and tomato in rows on the mushroom mixture; cover with one-third of the mushroom mixture, and place the rest of the egg and tomato on it. Cover with the rest of the mushroom mixture, and, last of all, the butter-bean paste; make into a smooth roll, and wrap in grease-proof paper. Tie up in a pudding-cloth, and steam for one and a half hours. Mix the cornflour with a little of the stock, and boil the rest; add the cornflour, and cook for ten minutes; season. Remove the cloth

and paper from the galantine, place it on a hot dish, and coat with part of the sauce. Add the tomato sauce to the rest, and put it round the galantine. Serve at once.

This roll may be served with brown or Espagnole sauce, and garnished with vegetables.

Cold Galantine.

Butter-bean paste (see p. 39).
Mushroom croquette mixture (see p. 111).

2 hard-boiled eggs.
4 oz. tomatoes.

Place half of the bean paste on a floured board, and make into an oblong shape; place on it one-third of the mushroom mixture. Cut the egg into strips, skin the tomato, and cut it into slices; arrange half of these in rows on the mushroom mixture. Arrange the rest of the egg and tomato on this, and then the rest of the mushroom mixture. Cover completely with the rest of the bean paste, making it into a small roll; wrap in grease-proof paper, and tie in a pudding-cloth. Steam for one hour. Lift out on to a flat dish, and leave until cold. Remove the cloth and paper. Brush the galantine over with glaze, and garnish with aspic jelly.

Roast Chicken.

2 lb. cooked butter beans.
2 oz. butter.
2 hard-boiled eggs.
Thyme stuffing (see p. 214).
1 egg.

3 oz. butter.
 $\frac{1}{2}$ oz. flour.
 $\frac{1}{2}$ pint bean stock.
Bread sauce (see p. 28).

Rub the beans through a sieve, and mix with them 2 oz. of butter (melted) and seasoning. Place half this

mixture on a floured board, and make into an oblong shape. Spread with half of the forcemeat, put the egg, cut into strips, on this in rows, and cover with the rest of the forcemeat. Spread the rest of the bean mixture on the top, and shape as much as possible like a fowl. Brush over with beaten egg. Put 3 oz. of butter into a tin and let it get very hot; put in the chicken, and bake in a hot oven for about one hour, basting frequently. Lift out on to a hot dish. Mix the flour into the fat in the pan, and let it brown. Add the stock; cook for five minutes. Season and strain round the chicken. Serve at once with bread sauce.

Roast Goose.

1½ lb. German lentils	2 eggs.
(cooked).	3 oz. butter.
1 oz. butter.	2 teaspoonfuls flour.
Sage and onion stuffing (see	½ pint stock.
p. 214, ½ quantities).	

Rub the lentils through a sieve, and mix them with 1 oz. of butter (melted) and the eggs beaten. Put half the mixture on to a board, and place the stuffing on top. Cover with the rest of the lentils. Make into the shape of a goose, and brush with beaten egg. Make the rest of the butter hot in a baking-tin, put in the goose, and bake for one hour, basting constantly. The oven should be hot at first. Place the goose on a hot dish. Put the flour into the pan and brown it; add the stock and boil up. Season and pour round the goose. Serve with apple sauce.

N.B.—The lentils should be well washed and soaked overnight, then tied in muslin, and cooked in the water they were soaked in (1 lb. of lentils will weigh $1\frac{1}{2}$ lb. when cooked).

Stuffed Vegetable Marrow.

1 vegetable marrow, weighing
about 2 lb.
 $\frac{1}{2}$ pint *Épagnole* sauce (see
p. 80).

Mushroom croquette mixture.
No. 2 (see p. 112, leaving
out the parsley).

Peel the marrow; cut it in two lengthways, and remove the seeds. Fill the space left with the mushroom mixture. Put the marrow together, and tie up with string; steam until tender—about thirty to forty minutes. Place the marrow on a hot dish and remove the string; coat with some of the sauce, and put the ash into a sauce-boat. Serve at once.

CHAPTER IX

CROQUETTES

NOTES ON CROQUETTES.

IN making croquettes care must be taken that the mixture is well seasoned before it is turned on to the plate to cool.

Some of the mixtures are very soft while hot, and should be left until quite cold before shaping.

The mixture should be equally divided, so that all the croquettes are of the same size.

Cutlets and croquettes make very dainty little entrées when dished up nicely, as for tomato cutlets (p. 116).

To Egg and Crumb.

Egg.

Breadcrumbs.

Beat up the egg in a soup-plate. Spread the crumbs out on a large strong piece of paper. Put one of the cutlets or croquettes into the soup-plate and brush it all over with the egg. Lift out, and allow it to drain a little, then put it into the crumbs. Toss them over the cutlet or croquette, and press them well on with your hands. Place on a dry board. When all are done in this manner

take a clean dry knife and press the crumbs on more firmly. Place on a clean paper on a baking-sheet. The crumbs used must be dry and white. After everything has been egged and crumbed, pass the crumbs through a wire-sieve and put into a covered jar till wanted again.

NOTES ON FRYING.

There are two methods of frying—deep and shallow. In shallow frying, a frying-pan is generally used, and only enough butter or oil to cover the bottom of the pan. This method is used for cooking pancakes, etc.

In deep frying a stewpan must be used, and enough oil to cover the food which is to be fried. A wire basket, a little smaller than the stewpan, will be found a great convenience in frying croquettes, etc.

Good oil for frying can be obtained from most vegetarian restaurants and shops. Nut butter can also be used, but this is more extravagant.

The fat must be smoking hot, and can be tested by putting into it a little piece of white bread; if this is browned quickly, the fat is ready to use.

All food that has been fried must be well drained on soft paper, and should be served as soon as possible, or it will lose its crispness.

When all the frying is finished, the oil must be allowed to cool, and should then be strained through a fine strainer into a tin.

Butter-Bean Cutlets.

Butter-bean paste (see p. 39).

Egg and breadcrumbs.

$\frac{1}{2}$ pint brown onion sauce (see p. 33).

Divide the butter-bean paste into equal portions. Make each into a cutlet shape. Coat with egg and breadcrumbs. Fry in deep fat. Dish in a circle, with some green vegetable in the centre. Pour the sauce into a sauce-boat, and serve at once.

Celery Croquettes.

9 oz. celery (when cleaned).

1 oz. Naples macaroni.

1 pint boiling water.

1 oz. butter.

$1\frac{1}{2}$ oz. flour.

1 gill water from celery.

Salt and pepper.

1 egg.

Breadcrumbs.

Fat for frying.

Wash and trim the celery, and put into 1 pint of boiling water, with the macaroni broken into pieces. Boil gently for one hour. Strain well, keeping the water. Cut the celery and macaroni into small pieces. Make a panada with the butter, flour, and water. Cook well, and season with pepper and salt. Add the celery and macaroni. Turn on to a flat plate; leave until cold. Beat up the egg. Divide the mixture into nine portions. Make into cork shapes, using a little flour to prevent the mixture from sticking to the board. Egg and crumb, and fry in deep fat.

Chestnut and Potato Balls.

$\frac{1}{2}$ lb. chestnuts.	2 teaspoonfuls chopped parsley.
$\frac{1}{2}$ oz. butter.	1 egg.
$\frac{1}{2}$ pint water.	Breadcrumbs.
Pepper and salt.	$\frac{1}{4}$ oz. butter.
6 oz. cooked potatoes.	$\frac{1}{4}$ oz. flour.

Wash the chestnuts, cut a small piece of the skin off each, and sauté them in the butter for twenty minutes. Remove the skins, and cook the chestnuts until tender in the water, with a little salt, then strain, and rub through a sieve with the potatoes. Add the parsley and seasoning, and mix well with the yolk of egg. Turn on to a plate, and make into a flat cake. Divide into eight equal portions. Make each portion into a small ball, brush over with the beaten white of egg, roll in crumbs, and fry in deep fat. Melt the butter, mix in the flour, add $\frac{1}{4}$ pint of the liquor in which the chestnuts were cooked, and cook for ten minutes. Season, and pour into a hot gravy-boat. Place the balls on a hot dish, garnish with parsley, and serve at once with the sauce.

Egg Croquettes (No. 1).

1 oz. butter.	Salt and pepper.
1 oz. flour.	3 hard-boiled eggs.
1 gill milk.	Egg and breadcrumbs.

Melt the butter, mix in the flour, add the milk gradually, and cook until the mixture leaves the sides of the pan. Cut the eggs up into small pieces and put into the sauce. Add the seasoning, and mix well. Turn on to a plate, make into a flat cake, and leave until cold. Divide

into six. Make each into the shape of a cork. Coat with egg and breadcrumbs, and fry in deep fat. Place on a d'oyley on a hot dish, and serve with tomato sauce.

(Enough for 6 croquettes.)

Egg Croquettes (No. 2).

4 oz. breadcrumbs.	Seasoning.
$\frac{1}{2}$ pint milk.	Egg and crumbs.
3 hard-boiled eggs.	$\frac{1}{2}$ pint egg sauce.
1 tablespoonful tomato sauce.	

Put the breadcrumbs and milk into a saucepan, and stir over the fire until the mixture leaves the sides of the pan. Rub the eggs through a sieve, and mix them with the breadcrumbs, etc., and tomato sauce. Season, and turn on to a plate. Make into a flat cake, and leave until cold. Divide into eight. Make each portion into the shape of a cork. Coat with egg and breadcrumbs, and fry in deep fat. Serve immediately, and put the egg sauce into a tureen.

Egg Croquettes (No. 3).

1 gill milk.	$3\frac{1}{2}$ oz. breadcrumbs.
1 gill bean stock.	1 dessertspoonful cream.
1 small onion.	Salt and pepper.
1 clove.	4 hard-boiled eggs.
6 peppercorns.	Egg and breadcrumbs.

Put the milk, stock, onion, clove, and peppercorns into a saucepan. Simmer for thirty minutes. Add the breadcrumbs; cook for five minutes. Add the seasoning and the eggs, which have been rubbed through a sieve.

Turn on to a plate, make into a flat cake, and leave until cold. Divide into eight, and make into cork shapes. Coat with egg and breadcrumbs, and fry in deep fat. Serve at once.

Egg and Mushroom Croquettes.

3 oz. mushrooms.	$\frac{1}{2}$ teaspoonful shalots
$\frac{1}{2}$ teaspoonful salt.	(chopped).
$\frac{1}{8}$ teaspoonful pepper.	1 gill milk.
2 oz. butter.	3 hard-boiled eggs.
1 oz. flour.	Egg and breadcrumbs.

Skin the mushrooms and chop them. Sprinkle over them the salt and pepper. Cook them in the butter, with the shalot, for fifteen minutes. Remove the mushrooms, and mix the flour into the butter. Add the milk gradually, and cook until the mixture leaves the sides of the pan. Add the mushrooms and eggs (chopped), and more seasoning if necessary. Turn on to a plate; make a flat cake, and leave until cold. Divide into eight; make each into the shape of a cork; coat with egg and breadcrumbs, and fry in deep fat.

German Croquettes.

1 lb. mushrooms.	1 oz. flour.
1 teaspoonful salt.	1 gill milk.
$\frac{1}{4}$ teaspoonful pepper.	$\frac{1}{2}$ pint batter (see p. 139).
4 oz. butter.	1 oz. cheese (grated).

Skin the mushrooms and cut them up small. Sprinkle over them the salt and pepper, and cook in the butter until tender—about fifteen minutes. Add the flour, and mix well; add the milk gradually, and cook for five

minutes. Turn on to a plate, and make into a flat cake. Add the cheese to the batter. Put a little butter into the frying-pan, and when hot pour in enough butter to cover the bottom of the pan. Cook until brown, then toss or turn and cook on the other side. Turn on to a piece of paper spread with some of the mushroom mixture, and roll up. Do the rest in the same manner. Cut each pancake into three or four pieces. Coat with egg and breadcrumbs, and fry in deep fat. Place on a d'oyley on a hot dish, and serve at once. It is better to use rather a large frying-pan for the batter. An 8-inch frying-pan makes four pancakes.

Green-Pea Cutlets.

$\frac{1}{2}$ lb. peas (when shelled).
 $\frac{1}{2}$ oz. butter.
 $\frac{1}{2}$ oz. flour.

$\frac{1}{2}$ gill water the peas were
 boiled in.

Boil the peas, and rub them through a sieve. Make a panada or thick sauce with the butter, flour, and water. Add the peas. Season. Turn on to a plate; make into a round shape. Leave until cold. Divide into eight equal portions, and make it into cutlet shapes. Egg and crumb, and fry in deep fat. Serve with tomato sauce and fried or sautéed potatoes.

Lentil Croquettes.

Lentil paste (see p. 40).
 1 egg.
 Breadcrumbs.

Fat for frying.
 $\frac{1}{2}$ pint onion sauce (see
 p. 33).

Make the lentil paste, and put it on a plate to cool. Divide into eight equal portions. Make into cork shapes

Egg and crumb. Fry in deep fat. Dish on a d'oyley. Garnish with fried parsley. Serve with onion sauce and Brussels sprouts, or green peas and tomato sauce, or cauliflower and tomato sauce.

Macaroni Cutlets.

2 oz. macaroni.	2 oz. grated cheese.
1 oz. butter.	Cayenne, salt, and pepper.
1 oz. flour.	Egg and breadcrumbs.
1 gill milk (barely).	$\frac{1}{2}$ pint tomato sauce.

Break the macaroni up into very small pieces, and cook in boiling water, with a little salt, until tender. Strain. Melt the butter, mix in the flour, add the milk gradually, and cook until the mixture leaves the sides of the pan. Add the cheese, macaroni, and seasoning. Mix well, and turn on to a plate. Make into a flat cake, and leave until cold. Divide into six equal portions, and make each into a cutlet shape. Coat with egg and breadcrumbs, and fry in deep fat. Stick a piece of parsley stalk in the end of each. Dish in a circle, with cauliflower or kidney beans in the centre. Pour the sauce into a boat, and serve at once.

Mushroom Croquettes (No. 1).

$\frac{3}{4}$ lb. mushrooms	1 gill bean stock.
Salt and pepper.	Eggs and breadcrumbs.
2 oz. butter.	Parsley.
1 oz. flour.	

Peel the mushrooms and remove the stalks. Sprinkle with pepper and salt; fry in the butter for five minutes;

then put on the lid of the saucepan, and cook until the mushrooms are tender. Chop the mushroom stalks and stew in the bean stock for about thirty minutes, then strain. Remove the mushrooms from the saucepan, and then chop them up. Mix the flour into the butter in which the mushrooms were cooked. Add the stock, and cook until the mixture is quite thick; mix in the mushrooms, and more seasoning if necessary. Turn on to a plate, and make into a flat cake. Leave until cold. Divide into six equal pieces, and make each into the shape of a cork. Coat with eggs and breadcrumbs, and fry in deep fat. Serve with fried parsley.

Mushroom Croquettes (No. 2).

$\frac{3}{4}$ lb. mushrooms.	2 oz. butter.
1 teaspoonful seasoning salt.	$\frac{1}{2}$ oz. chopped onion.
1 oz. parsley (weighed after all stalks have been re- moved).	2 oz. breadcrumbs.
	1 egg.
	Egg and breadcrumbs.

Skin the mushrooms, and cut them into small pieces; sprinkle over them the seasoning and salt. Chop the parsley. Melt the butter, and fry the mushrooms, onion, and parsley in it for five minutes. Put on the lid of the saucepan, and cook gently for ten minutes. Add the breadcrumbs and egg, which has been beaten; mix well; turn on to a plate, and leave until cold. Divide into ten portions, and make each into the shape of a cork. Coat with egg and breadcrumbs, and fry in deep fat.

Mushroom and Lentil Croquettes.

$\frac{1}{2}$ lb. lentils.
 1 quart water.
 6 oz. mushrooms.
 3 oz. butter.

$1\frac{1}{2}$ oz. flour.
 Pepper and salt.
 Egg and breadcrumbs.

Soak the lentils all night in 1 quart of water. Tie in muslin, and cook in the water in which they were soaked for one hour. Squeeze them as dry as possible, then rub them through a wire-sieve. Peel and cut up the mushrooms, and cook in the butter until tender. Take them out, and add the flour to the butter left in the saucepan. Mix smoothly, then add 1 gill of the water in which the lentils were cooked, and boil until quite thick. Add the lentils and the mushrooms. Season. Make into a flat cake on a plate, and leave until cold. Divide into sixteen, and make into cork shapes. Brush all over with egg, and roll in breadcrumbs, pressing the crumbs well on. Fry in deep fat. Serve very hot with pink sauce.

Nut Cutlets (No. 1).

$\frac{1}{4}$ lb. butter beans.
 2 oz. almonds.
 $\frac{1}{4}$ oz. butter.
 $\frac{1}{4}$ oz. flour.
 $\frac{1}{4}$ gill butter-bean stock
 (see p. 8).

Pepper and salt.
 1 egg.
 Breadcrumbs.
 Fat for frying.
 1 gill tomato sauce (see p. 36).
 Boiled spinach (see p. 136).

Use the beans from which the stock has been made. Squeeze as much moisture as possible from them, and rub them through a wire-sieve. Blanch and grind the almonds. Make a thick sauce from the butter, flour, and stock. Add the beans, almonds, and seasoning.

Turn on to a plate; make into a flat cake, and divide into six equal portions. Make into cutlet shapes. Egg and crumb. Fry in deep fat. Serve in a circle with the spinach in the centre. Pour the sauce round.

Nut Cutlets (No. 2).

$\frac{1}{4}$ lb. lentils.	Seasoning.
2 oz. almonds.	1 egg.
$\frac{1}{4}$ oz. butter.	Breadcrumbs.
$\frac{1}{4}$ oz. flour.	Fat for frying.
$\frac{1}{4}$ gill lentil stock (see p. 9).	1 gill tomato sauce.

Use the lentils from which the stock has been made. Squeeze them as dry as possible, then rub them through a sieve. Blanch and grind the almonds. Make a pan with the butter, flour, and stock. Add the lentils, almonds, and seasoning. Mix well, and turn on to a plate. Make into a flat shape. Divide into six equal portions. Make into cutlet shapes. Egg and crumb. Fry in deep fat. Serve with tomato sauce.

Potato and Nut Croquettes.

$\frac{1}{4}$ lb. walnuts.	2 eggs.
$\frac{1}{4}$ lb. pine kernels.	Salt.
1 lb. potatoes (cooked).	Breadcrumbs.
1 oz. butter.	Fat for frying.
4 teaspoonfuls milk.	

Grate the walnuts and pine kernels. Rub the potatoes through a sieve. Put the butter and milk into a saucepan, and when hot put in the potatoes. Add one yolk of egg, and cook for a few minutes. Add the nuts and a little salt. Turn on to a plate. Make into a flat cake;

divide into twelve portions. Make into balls. Beat up the egg and the remaining white, brush the croquettes with egg, and coat them with breadcrumbs. Fry in deep fat.

Scotch Eggs.

Mushroom croquette mixture (see p. 112).
6 hard-boiled eggs.

Egg and breadcrumbs.
Tomato or brown sauce.

Divide the mushroom mixture into six equal portions. Remove the shells from the eggs, and cover each with a portion of the mushroom. Coat with egg and breadcrumbs, and fry in deep fat. Cut them through and place on a dish, with the cut side uppermost. Pour the sauce round, and serve at once.

Spinach Cutlets.

1 lb. spinach.
2 gills boiling water.
 $\frac{1}{2}$ teaspoonful salt.
4 oz. breadcrumbs.
 $\frac{1}{4}$ oz. onions.
 $\frac{1}{2}$ oz. butter.

$\frac{1}{2}$ oz. flour.
1 yolk of egg.
Egg and breadcrumbs.
 $\frac{1}{2}$ pint spinach sauce (see p. 36) or egg sauce (see p. 29).

Wash and pick the spinach, and cook it in the water with the salt for ten minutes. Strain. Rub the spinach through a sieve. Put the breadcrumbs, onion, and water from the spinach into a saucepan, and stir over the fire until the mixture leaves the sides of the pan. Remove the onion. Melt the butter, mix in the flour, add the spinach, and cook for a few minutes until quite thick. Add the yolk of egg, and cook for about two minutes. Add

the breadcrumbs, etc., and more seasoning if necessary. Turn on to a plate, make into a flat cake, and leave until cold. Divide into six, and make each into a cutlet shape. Coat with egg and breadcrumbs, and fry in deep fat. Serve with spinach or egg sauce.

Tomato Cutlets.

1 oz. shalots.

1 oz. carrot.

1 oz. butter.

Bunch of herbs.

12 peppercorns.

1 tin or 2 lb. tomatoes.

2 oz. crème de riz.

$\frac{1}{2}$ teaspoonful sugar.

$\frac{1}{8}$ teaspoonful pepper.

$\frac{1}{2}$ teaspoonful salt.

Border of rice (see p. 44) or
border of potatoes (see p. 43)

Sautéed beans.

Boiled cauliflower, spinach, or
peas.

Pink béchamel sauce (see p. 27).

Cut the shalot and carrot into small pieces. Melt the butter, and cook the carrot, shalot, herbs, and peppercorns in it for five minutes. Add the tomatoes, and cook for half an hour without the lid of the saucepan. Strain. Rub the tomato through a sieve. Mix the crème de riz with some of the liquid from the tomatoes, put the rest into a saucepan with the tomato, and when boiling add the crème de riz. Cook for twenty minutes. Add the sugar, pepper, and salt, turn on to a plate, make into a flat cake, and leave until cold. Divide into ten equal portions, and make each into a cutlet shape. Coat with egg and breadcrumbs twice, and fry in deep fat. Dish up on a border of rice or potatoes. Place the beans, cauliflower, spinach or peas, in the centre, and pour the sauce round.

CHAPTER X

PLAIN VEGETABLES

NOTES ON VEGETABLES.

THIS chapter is chiefly devoted to the plain cooking of root and green vegetables. These should be as fresh as possible, and should be kept in a cool place until required.

Green vegetables are nicer and much more wholesome if they are cooked as soon as gathered.

Seakale, asparagus, cucumber, and cress may be kept fresh for one or two days if the ends are placed in cold water.

The parings and waste from vegetables should always be burnt, as they quickly decay and give off poisonous gases.

The water in which peas, beans, spinach, celery, asparagus, and seakale have been cooked should be kept, and used in making soups, sauces, and stews.

The water in which cabbage, greens, cauliflowers, onions, and parsnips have been cooked is of no further use, but it should be allowed to cool before being thrown away.

Rules for Green Vegetables.

1. Remove all the outside and broken leaves.
2. Wash well in cold water to which a little salt has been added.

3. Cook in plenty of boiling water, with 1 oz. of salt and a level teaspoonful of bicarbonate of soda and 1 oz. of sugar to each gallon of water.

4. Cook with the lid off. Bring to boiling-point as quickly as possible. Skim often.

5. Drain well.

6. Serve as soon as possible after they are cooked.

Rules for Roots and Tubers.

1. Wash well in *cold* water, and prepare according to the vegetable.

2. Keep in cold water until ready to cook.

3. Put into boiling water, except old potatoes, which should be put into cold.

4. Allow 1 oz. of salt to a gallon of water.

5. Cook gently with the lid on. Skim well.

6. Try with a skewer.

7. Drain well.

Globe Artichokes.

6 globe artichokes.

3 quarts boiling water.

$\frac{3}{4}$ oz. salt.

$\frac{3}{4}$ teaspoonful bicarbonate
of soda.

3 lumps of sugar.

Cut off the stalks of the artichokes, and trim the tips of the leaves. Soak them in cold water, then pour over them some boiling water. Put 3 quarts of water into a saucepan; when boiling, add the salt, sugar, and soda. Put in the artichokes, and cook from thirty to forty minutes. Drain well, and serve with Hollandaise sauce or oiled butter.

Boiled Artichokes.

2 lb. Jerusalem artichokes.	1½ pints water (boiling).
Vinegar or lemon-juice.	Salt.
½ pint milk (boiling).	½ pint white sauce (see p. 37).

Scrub the artichokes; peel them to the dark line, as for turnips; put them into a basin of cold water with a little lemon-juice or vinegar. Put them into a saucepan of boiling water with a little salt, and cook gently. They take from twenty to fifty minutes. If young and small, twenty minutes will be long enough. When tender, drain in a colander. Put the artichokes into a hot vegetable dish, and pour over the sauce.

N.B.—The rind of artichokes and turnips is very fibrous, and varies in thickness. In the artichoke it is about $\frac{1}{16}$ inch, in the turnip from $\frac{1}{16}$ to $\frac{1}{4}$ inch. When peeling, the whole of this must be removed, or the vegetable will be hard on the outside; and if mashed, as in the case of turnips, they will be found stringy. The *dark* line beneath the surface will determine the thickness. It should be peeled just below that line.

Artichokes and Brussels Sprouts.

2 lb. Jerusalem artichokes.	2 gills milk.
1 lb. Brussels sprouts.	1 yolk of egg.
1 oz. butter.	Pepper and salt.
¾ oz. flour.	1 teaspoonful lemon-juice.

Peel the artichokes, and cook till tender (see recipe for Boiled Artichokes). Boil the sprouts. Melt the butter in a saucepan, mix in the flour till smooth, then add the milk, and cook well for five minutes. Add the yolk of egg, and lemon-juice and seasoning. Arrange the artichokes in

an entrée dish in a circle; coat with the sauce. Pile the sprouts in the centre. Thin down the sauce with a little of the water the artichokes were cooked in, then strain it over the sprouts.

Boiled Asparagus.

$\frac{1}{4}$ hundred of asparagus.

Hollandaise sauce (see p. 31).

Wash and scrape the white part of the asparagus; cut the stalks to an even length. Tie in two bundles. Put into a saucepan of boiling water with a little salt and sugar; cook gently with the lid off from thirty to forty minutes, taking care not to break the heads. Drain, put into a hot dish, and untie. Serve with Hollandaise sauce.

N.B.—The saucepan should be deep enough to take the bundles standing upright.

Asparagus in Potato Rings.

$\frac{1}{4}$ hundred of asparagus.

2 old potatoes.

Prepare the asparagus and cut off the stalks, leaving the heads about 5 inches in length. Tie up in bundles, and cook as for boiled asparagus. Wash and peel the potatoes, and cut three slices from the centre of each, $\frac{1}{4}$ inch in thickness. Stamp one ring out of each, and fry in deep fat. When the asparagus is cooked, drain it well, and make into little bundles of about five heads. Put a potato ring round each. Place on a hot dish on a d'oyley, and serve at once with oiled butter.

Broad Beans.

1 lb. broad beans (weighed without the pods).

Salt.

$\frac{1}{2}$ pint parsley sauce.

Put the beans into a saucepan with some boiling water and salt. Cook until tender—from twenty to thirty minutes. Strain, and put the beans into a hot vegetable dish. Add 1 gill of the water in which the beans were cooked to the sauce. Boil up, and pour over the beans. If the beans are old, they should be skinned after straining, and put into the sauce and allowed to re-heat before serving.

Boiled Kidney Beans.

1 lb. beans.

2 quarts boiling water.

$\frac{1}{2}$ oz. salt.

$\frac{1}{2}$ oz. sugar.

Wash and string the beans. Leave them whole if young and tender, but if at all old, cut them in thin slices. Cook in boiling water with salt and sugar until tender—from twenty to twenty-five minutes. Strain and serve at once.

Sautéed Kidney Beans.

1 lb. kidney beans.

2 oz. butter.

$\frac{1}{2}$ teaspoonful salt.

$\frac{1}{8}$ teaspoonful pepper.

1 teaspoonful chopped
parsley.

Wash and trim the beans; boil until tender in boiling water with a little salt. Strain. Melt the butter in a saucepan; put in the beans, pepper, and salt. Cook over a slow fire until the water is evaporated and the butter becomes clear. Add the parsley, and serve.

Stewed Kidney Beans.

1 lb. kidney beans.

1½ oz. butter.

1 oz. flour.

½ pint milk.

½ pint water in which the
beans were boiled.

1 oz. shalots.

Pepper and salt.

Wash and trim the beans, and cook in boiling water with a little salt until nearly tender, then strain. Melt the butter in a saucepan, mix in the flour, add the milk and water. Stir until boiling. Put in the beans; add a little pepper and the shalot. Stew gently for twenty minutes. Serve in a hot dish.

Pickled Beetroot.

2 beetroots.

Pepper and salt.

Vinegar.

Wash the beetroot, taking care not to break the surface. Bake in a slow oven for about three hours. When cold, peel and slice thinly; sprinkle with pepper and salt; pour over a little vinegar. Leave for a few hours before serving.

Beetroot with Potatoes.

2 beetroots.

½ lb. Spanish onions.

1½ oz. butter.

1 dessertspoonful flour.

1 teacupful water.

Pinch of sugar.

1 tablespoonful vinegar.

Pepper and salt.

Border of potato.

Wash the beetroot, taking care not to break the surface. Boil gently for about three hours, or bake in the oven;

when cold, pare and cut in thin slices. Skin the onion, and cut it in thin slices. Fry the onion in the butter; add the flour. Mix well; then add the water, sugar, vinegar, and a little pepper and salt. Boil for five minutes. Add the beetroot, and simmer for twenty minutes. Arrange a border of potato in an entrée dish, and serve the beetroot in the centre.

Boiled Brussels Sprouts.

1 lb. sprouts.	$\frac{1}{2}$ teaspoonful bicarbonate
2 quarts boiling water.	of soda.
2 teaspoonfuls salt.	2 teaspoonfuls sugar.

Trim off the outside leaves, and cut the stalks across. Wash well, and soak in salt water for five minutes. Drain, and pour over enough boiling water to cover. Drain. Put into boiling water with salt, soda, and sugar. Cook gently with the lid off until tender—about fifteen minutes. Drain in a colander—do not press—and serve in a hot vegetable dish.

Boiled Cabbage.

1 cabbage.	$\frac{1}{2}$ teaspoonful bicarbonate
4 quarts boiling water.	of soda.
1 oz. salt.	1 oz. sugar.

Trim off the outside leaves; cut the stalk across twice to insure its being properly cooked. Soak the cabbage in cold water with salt for a quarter of an hour. See that it is quite clean, then scald with boiling water. Drain, and put into a saucepan with plenty of boiling water, the salt, sugar, and soda. Cook quickly with the lid off for

about thirty minutes. Drain and press. Put into a hot vegetable dish, cut across into squares, and serve at once.

Cabbage in White Sauce.

1 lb. cold boiled cabbage (see p. 123).

1 gill white sauce (see p. 37).

1 gill milk.

Chop the cabbage roughly. Put the white sauce into a saucepan with the milk; when hot, put in the cabbage, and stir over the fire until thoroughly hot. Put into a hot vegetable dish, and serve at once.

Boiled Carrots.

Carrots.

Boiling water.

Salt.

Wash and scrape the carrots, and put them into the boiling water with the salt. Cook until tender—from fifteen to twenty minutes for young carrots, and from thirty to forty minutes for old ones. Drain, and put into a hot vegetable dish.

Carrots in Béchamel Sauce.

Carrots.

Béchamel sauce.

Prepare and cook the carrots in boiling water as for sautéed carrots, then add them to the béchamel sauce. Serve in a hot dish.

Braised Carrots.

1 lb. carrots (young).
1 oz. butter.

1 teaspoonful sugar.
Stock to cover.

Scrape the carrots. Melt the butter in a saucepan; when hot, put in the carrots, and fry them in the butter, sprinkling them with sugar. Add enough stock to cover. Cook quickly with the lid off until the carrots are tender and the stock is reduced to about 1 gill. Serve in a hot dish.

Carrots and Peas.

1 pint peas (when shelled).
 $\frac{1}{2}$ lb. young carrots.
 $\frac{3}{4}$ pint stock.

1 oz. butter.
 $\frac{1}{2}$ oz. flour.
Salt and pepper.

Scrape the carrots, and if large, cut in four lengthways. When the stock boils, put in the carrots and peas, and cook until tender. Strain. Melt the butter in a saucepan, mix in the flour till smooth, then add the stock in which the carrots and peas were cooked. Stir until it boils, and cook for five minutes. Put back the carrots and peas, and, when thoroughly hot, serve in a hot entrée dish.

Sautéed Carrots.

1 lb. carrots.
 $\frac{1}{2}$ teaspoonful sugar.
1 oz. butter.

Salt and pepper.
1 teaspoonful chopped
parsley.

Scrape and cut off the crown and root of the carrot, and cut into shapes with a vegetable-cutter, or with a knife into squares and slices, and having them as equal

as possible in size. If young carrots, leave them whole, or split in halves. Boil until tender in salt water. Strain, and dry in a soft cloth. Melt the butter in a saucepan, put in the carrots and the sugar. Sauté for five or ten minutes; add pepper and salt and the parsley. Serve in a hot dish at once.

Boiled Cauliflower.

4 quarts cauliflower.	$\frac{1}{2}$ teaspoonful bicarbonate
Boiling water.	of soda.
1 oz. salt.	1 oz. sugar.

Trim off the outside leaves, cut the stalk across twice, and put the cauliflower into cold salt water for fifteen minutes. Drain, and pour over enough boiling water to cover. Leave for five minutes, then lift out, and put into a saucepan with boiling water, with salt, soda, and sugar. Cook gently with the lid off until tender—from twenty to thirty minutes. Drain, press with a clean cloth. Put into a hot vegetable dish, and coat with sauce.

Cauliflower-au-Gratin.

1 cauliflower.	Cayenne.
$1\frac{1}{2}$ oz. grated cheese.	2 teaspoonfuls raspings.
$\frac{1}{2}$ pint white sauce.	

Boil the cauliflower as in recipe for boiled cauliflower, or use a cold cooked cauliflower. Remove the green leaves; place in a hot dish. Mix 1 oz. of the cheese with the sauce and a pinch of the cayenne, and pour over the cauliflower. Sprinkle with the rest of the cheese and

the raspings. Put in the oven for a few minutes before serving. If a cold cooked cauliflower is used, it must remain in the oven until thoroughly hot.

Boiled Celery.

1½ lb. celery (weighed after
it is trimmed).
2 oz. butter.
1½ oz. flour.

½ pint milk.
½ pint water in which the
celery was cooked.

Well wash the celery, using only the tender sticks, and cut into pieces about 1½ inches long. Cook in boiling water with a little salt from thirty to forty minutes. When tender, strain, reserving the water for soups and sauces. Melt the butter in a saucepan, mix in the flour, stir over the fire for a few minutes, then add the milk and water in which the celery was cooked; stir until boiling. Cook for ten minutes. Put in the celery, and let it get thoroughly hot. Season with pepper and salt. If too thick, add a little more celery water.

Boiled Chicory.

1 lb. chicory.
Boiling water.

Salt.
½ pint white sauce (see p. 37).

Wash the chicory, and cut the root end across twice. Put into the boiling water with a little salt, and cook until tender—about thirty minutes. Drain well, and then place in a hot vegetable dish. Pour the sauce over, and serve at once.

Boiled Curly Greens, Scotch Kale, or Turnip-Tops.

Remove the coarse outside leaves and large stalks. Wash well. Soak in cold salt water for ten minutes, then put them into a clean pan, and pour over enough boiling water to cover. Strain, and plunge into cold water. Strain, and put them into a saucepan of boiling water with salt, bicarbonate of soda, and sugar (for quantities, see rules, p. 118). Boil fast with the lid off from twenty to thirty minutes. When tender, drain and press well. Put into a hot vegetable dish. Cut across into neat squares. Serve at once. When the greens are getting old and stringy, they should be passed through a mincing-machine after draining, and re-heated.

Boiled Seakale.

1 lb. seakale.

$\frac{1}{2}$ pint boiling water.

$\frac{1}{2}$ pint boiling milk.

Salt.

$\frac{1}{2}$ pint melted butter or
white sauce.

Trim off the roots of the seakale, and wash it thoroughly in cold water to remove the grit. Tie up in two or three bundles. Put into the boiling water and milk with the salt, and cook gently until tender—from thirty to sixty minutes. Drain well, and place in a hot vegetable dish. Remove the string from the bundles, and pour the sauce over, or place it in a sauce-boat. Serve at once. The liquid in which the seakale was cooked may be used for making the sauce or a soup.

Green Peas Boiled.

Peas.
Pinch of salt.
Boiling water.

Sprig of mint.
A little sugar.

Shell the peas, and put them into a saucepan of boiling water with a little salt, mint, and sugar. Bring to boiling-point, skim, and cook gently with the lid off for about twenty minutes. Drain them; take out the mint. Serve in a hot vegetable dish.

Fricassée of Green Peas.

1½ oz. butter.
1½ pints shelled peas.
½ oz. flour.
Pinch of sugar.
2 teaspoonfuls salt.
¼ teaspoonful pepper.

1½ pints boiling water.
4 sprigs of parsley.
½ oz. shalots.
½ oz. butter.
1 yolk of egg.
1 tablespoonful cream.

Melt the butter in a saucepan; add the peas, flour, sugar, salt, and water. Stir until boiling; add the parsley and shalot. Cook until the peas are tender and the sauce is reduced to about half. Take out the shalot and parsley. Add the butter to the peas, and the egg and cream mixed. Serve at once.

Green Peas and Lettuce.

1½ oz. butter.
1½ oz. flour.
1 pint shelled peas.
1 quart water (boiling).
10 oz. lettuce (chopped).
4 sprigs of parsley.

2 yolks of eggs.
2 tablespoonfuls cream.
1 oz. butter.
1½ teaspoonfuls salt.
¼ teaspoonful pepper.

Melt the butter in a saucepan, add the flour, and cook for a few minutes. Add the peas, lettuce, parsley, and

water. Cook until the peas and lettuce are tender, and the sauce reduced to less than half. Remove the parsley. Mix the egg and cream together. Add the butter to the peas, then the egg and seasoning. Serve at once.

Sautéed Green Peas.

1 pint shelled peas.

2 oz. butter.

$\frac{1}{2}$ teaspoonful chopped mint.

Boil the peas until nearly tender (see p. 129). Strain. Melt the butter in a saucepan; add the peas and mint. Sauté for five or ten minutes. Serve at once.

Boiled Spanish Onion.

6 Spanish onions (about 3 lb.).

1 pint white sauce.

Skin the onions; put them into boiling water with a little salt, and cook gently for about one and a half hours. Pour off the water; add the white sauce. Simmer for a few minutes. Turn on to a hot dish, and serve at once.

New Potatoes (Boiled).

2 lb. new potatoes.

Sprig of mint.

Salt.

Boiling water to cover.

1 oz. butter.

Scrape the potatoes, and put them into cold water. Put into a saucepan of boiling water with the salt and mint; skim. Cook very gently from twenty to thirty

minutes. Strain; return to the saucepan with the butter. When melted, turn into a hot vegetable dish, removing the mint.

Old Potatoes (Boiled).

2 lb. potatoes.

Cold water.

Salt.

Peel the potatoes thinly. Put them into a saucepan with enough water to cover; bring to boiling-point, skim, add salt. Put on the lid; cook gently for twenty minutes. Pour off the water; put back on the stove with the lid on the saucepan to steam for ten minutes. Take off the lid, put a clean cloth on the top, and dry for a few minutes. Put into a hot vegetable dish.

N.B.—To boil potatoes in their jackets, scrub them well until the skin is quite light in colour, and cook as in the above recipe.

Potatoes-au-Gâteau.

1 lb. cooked potatoes.

$\frac{1}{4}$ lb. tomatoes.

1 shalot.

3 teaspoonfuls chopped parsley.

$\frac{1}{2}$ pint white sauce.

$\frac{1}{2}$ oz. butter.

1 teaspoonful salt.

$\frac{1}{4}$ teaspoonful pepper.

Cut the potatoes into thin slices. Skin the tomato. Chop the shalot finely. Spread a fireproof dish thickly with the butter. Put in a layer of potatoes, then tomatoes; sprinkle with shalot, pepper, salt, and parsley. Pour over half of the sauce. Put in the rest of the tomatoes, potatoes, and seasoning. Pour over the rest of the sauce. Bake for half an hour in a good oven. Sprinkle with raspings, and serve.

Baked Potatoes.

Scrub the potatoes until quite clean. Put them on to a baking-sheet, and bake in a quick oven from thirty to forty minutes. Serve in a hot vegetable dish in a folded serviette. Butter should be served with them.

Another Way of Serving.—After baking, squeeze them out of their skins into a hot vegetable dish.

Potato Balls.

1 oz. butter.
1 teaspoonful milk.
1 lb. potatoes (cooked).
1 whole egg and 1 yolk.

Salt and pepper.
Breadcrumbs.
Oil for frying.

Prepare the potatoes as for potato border. Turn on to a plate; make into a round flat cake. Divide into equal portions; make into balls. Beat up the egg in a soup-plate, brush over the balls, coat with breadcrumbs. Leave them to dry well before frying. Fry in oil. Drain on soft paper. Garnish with fried parsley.

Potato Chips.

Peel the potatoes thinly, and cut them into slices of an equal thickness—about $\frac{1}{8}$ inch. Put them into cold water. When ready to fry, drain, and dry well in a soft cloth. Cook in hot oil for a few minutes. Take out. Allow the oil to get smoking hot, then put in the chips again, and fry to a golden brown. Drain on paper. Dish on a d'oyley. Sprinkle with salt, and serve at once.

Potato Cylinders.

Cut the potatoes out with an apple-corer or vegetable-cutter, and cook as for chips.

Potato Straws.

Cut the potatoes into little square prisms about 2 inches long and $\frac{1}{4}$ inch in diameter. Cook as for chips.

Fried Potatoes.

Cold boiled potatoes.

Butter.

Pepper.

Cut the potatoes up, and sprinkle them with pepper. Put the butter into a frying-pan; when hot, put in the potatoes, and fry until brown, turning them occasionally. Put into a hot dish, and serve at once. Waxy potatoes are better dipped in seasoned flour and fried in deep fat. Drain well, and serve at once. Young potatoes are also nice done in this way.

Potato Loaves.

1 lb. potatoes (cooked).

1 oz. butter.

1 teaspoonful milk.

1 egg.

Pepper, salt, and cayenne.

2 teaspoonfuls chopped parsley.

Prepare the potatoes as for potato border, adding the chopped parsley just before turning it on the board. Divide into equal portions, and make each into a little

loaf. Put on to a buttered baking-sheet; brush over with the white of egg. Bake in a quick oven for five to ten minutes.

Mashed Potatoes.

After boiling the potatoes, dry them well until quite floury, then put on the lid of the saucepan and shake well. Remove the lid, add from 1 to 2 oz. of butter to every 2 lb. of potatoes, about 2 tablespoonfuls of milk, and a little pepper. Beat well with a fork. Squeeze through a potato-forcer into a hot dish, and serve at once.

Or, rub the potatoes through a wire sieve; return them to the saucepan. Stir over the fire until thoroughly hot, then pile in a hot vegetable dish in spoonfuls.

Sautéed Potatoes.

1½ lb. potatoes.

2 oz. butter.

Salt.

Wash and peel the potatoes, and trim them into small balls, or cut into shapes with a vegetable-scoop. Put the butter into a saucepan, and when hot put in the potatoes. Let them brown all over, then put on the lid of the saucepan, and cook slowly until the potatoes are tender. Drain. Sprinkle with salt, and serve at once.

Steamed Potatoes.

Scrub the potatoes until quite clean. If they are unequal in size, put the large ones into the steamer five or ten minutes before the others. Keep the water

in the under vessel boiling fast; the time will vary from twenty to forty minutes. Try with a skewer. When tender, take out the potatoes, put them into the oven for a few minutes to dry, then peel and put them into a hot vegetable dish. Sprinkle with fine salt. Serve at once.

Swiss Potatoes.

Swiss onion sauce (see p. 33).

1½ lb. cold boiled potatoes.

Cut the potatoes into slices, and arrange them in a fireproof dish with layers of onion sauce. Bake in a hot oven for about thirty minutes. Serve in the dish they are baked in.

Boiled Salsify.

2 lb. salsify.

½ pint boiling milk.

1½ pints boiling water.

Salt.

½ pint white sauce (see p. 37).

Wash and scrape the salsify, and put into a basin of cold water with a little vinegar or lemon-juice. Put the milk, water, and salt into a saucepan. Put in the salsify, and cook gently from twenty to thirty minutes. Drain well, put into a vegetable dish, and coat with the sauce.

Stewed Salsify.

½ lb. salsify.

2 oz. butter.

½ oz. flour.

1 pint water.

Salt and pepper.

After preparing the salsify, cut it into pieces about 2 inches long. Make a sauce with the butter, flour, and

water. Season with salt and pepper. Cook very slowly for one hour, taking care it does not burn, and that the sauce does not become too thick. Serve in a hot dish.

Boiled Spinach.

2 lb. spinach.		$\frac{1}{4}$ oz. salt.
2 quarts boiling water.		4 oz. crumb of bread.

Pick over and wash the spinach in several waters. Remove the stalks and mid-rib. Put the spinach into boiling water with the salt, and cook for ten minutes. Strain in a colander, reserving the water for soup. Put the spinach through a meat-machine with the bread to soak up some of the moisture. Put the spinach into a smaller saucepan to re-heat. Season if necessary. Serve at once.

Boiled Sorrel.

Prepare and cook as for spinach. If very large leaves, blanch for ten minutes before cooking.

Baked Tomatoes.

1 lb. tomatoes.		1 teaspoonful vinegar.
1 teaspoonful sugar.		1 tablespoonful water.
$\frac{1}{2}$ teaspoonful salt.		$\frac{1}{2}$ oz. butter.
$\frac{1}{4}$ teaspoonful pepper.		

Wash the tomatoes, and put them into a buttered pie-dish. Sprinkle with the sugar, salt, and pepper; add the water and the vinegar. Put small pieces of butter on each tomato. Bake for about fifteen minutes. Serve in the dish they are baked in.

Mashed Turnips.

2 lb. turnips.
1 oz. butter.

Pepper and salt.
A little cream.

Peel the turnips thickly (viz., just below the dark line); put into a basin of cold water. Cook gently in boiling water with a little salt until tender—about forty minutes. Strain and press well. Rub them through a sieve. Return to the saucepan; add the butter and seasoning, and a little cream. Let them get thoroughly hot before turning into the vegetable dish.

Sautéed Turnips.

1 lb. turnips.
2 oz. butter.

1 teaspoonful sugar.
Salt and pepper.

Peel and cut the turnips into quarters or eights. Put into boiling water with a little salt, and cook until nearly tender (about five minutes when very young); then strain. Put the butter into a saucepan; when hot, add the turnips. Cook for a few minutes, then sprinkle with sugar and salt. Cover, and finish cooking, turning from time to time. They will take from ten to fifteen minutes.

Turnips in Velouté Sauce.

2 lb. turnips.
 $\frac{1}{2}$ pint velouté sauce (see p. 37).

Peel the turnips, cut them in pieces—if very young, cut in quarters. Cook them in boiling water with a little salt until tender—from twenty to thirty minutes; strain, and add them to the sauce. Stir over the fire until nearly boiling. Serve in a hot dish.

Baked Vegetable Marrow.

1 vegetable marrow (boiled).

$\frac{1}{2}$ pint white sauce.

$\frac{1}{2}$ gill cream.

Salt, pepper, and cayenne.

$\frac{1}{2}$ oz. grated cheese.

Arrange the vegetable marrow in a fireproof dish. Mix the sauce with the cream and seasoning, and pour it over the marrow. Sprinkle over the cheese. Bake for about fifteen minutes. Serve at once.

Boiled Vegetable Marrow

1 vegetable marrow (about

3 lb.).

$\frac{1}{2}$ gallon boiling water.

$\frac{1}{2}$ oz. salt.

$\frac{1}{2}$ pint white sauce (see
p. 37).

Peel the marrow and cut it up into pieces, removing the seeds. Put into the boiling water with the salt, and cook gently until tender—from ten to twenty minutes. Lift out into a colander or sieve, and drain well. Place in a hot vegetable dish, and pour over it the sauce. Serve at once.

Boiled Maize or Sweet Corn.

Ears of maize.

Butter.

Choose the corn while it is young and green; remove the outside sheath and fibres. Put the ears into boiling water with salt, and cook until tender—about thirty minutes. Drain well, and put into a vegetable dish in a folded serviette. Serve with butter, or melted-butter sauce. If preferred, the corn can be taken out of the ears after it is boiled, but it is more juicy if it is left whole.

N.B.—Allow one or more ears of corn for each person.

CHAPTER XI

AIGRETTES AND FRITTERS

Batter.

$\frac{1}{2}$ lb. flour.		2 eggs.
$\frac{1}{4}$ teaspoonful salt.		1 pint milk.

Mix the flour and salt together in a basin; make a hole in the centre, and put the yolks of eggs into it; add half the milk gradually, and mix until smooth. Beat with a whisk for ten minutes, then add the rest of the milk. Leave for one hour or longer. Beat the whites of eggs until stiff, and whisk them into the batter.

Frying Batter.

$\frac{1}{4}$ lb. flour.		1 tablespoonful cream.
Pinch of salt.		1 yolk and 2 whites of egg.
1 tablespoonful butter		1 gill tepid water.
(melted).		A few drops of lemon-juice.

Mix the flour and salt together in a basin, and make a hole in the centre. Put into it the butter, cream, and yolk of egg. Add the water gradually, and mix until smooth. Beat for ten minutes. Leave for half an hour. Beat the whites of egg until stiff, and stir them lightly into the batter with the lemon-juice.

Fried Cauliflower.

1 cauliflower (weighing about
 $\frac{3}{4}$ lb. trimmed).
 $1\frac{1}{2}$ oz. butter.
 $1\frac{1}{2}$ oz. flour.
 $\frac{1}{2}$ pint milk.

1 oz. grated cheese.
 Pepper, salt, and cayenne.
 Egg and breadcrumbs.
 $\frac{1}{2}$ pint tomato sauce.

Cook the cauliflower until just tender, and drain it. Divide into branches. Melt the butter ; mix in the flour. Add the milk, and cook for ten minutes. Add the seasoning and cheese. Dip the pieces of cauliflower into the sauce, and place them on a plate until cold and set. Coat with egg and breadcrumbs twice. Fry in deep fat. Serve at once with tomato sauce.

Celery with Tomato Sauce.

2 heads of celery.
 Stock to cover.
 Egg and crumbs.

Fat for frying.
 3 gills tomato sauce.

Well wash the celery ; cut off the tops, leaving about 5 inches on to the root end. Divide this root end lengthways into four pieces ; cook in boiling stock until tender. Drain and dry on a cloth, brush over with egg, roll in breadcrumbs, and fry in deep fat. Put into an entrée dish, and pour the tomato sauce round.

(Enough for 6 or 7 persons.)

Cheese Aigrettes.

$\frac{1}{4}$ lb. flour.
1 teaspoonful cornflour.
2 oz. butter.
 $\frac{1}{2}$ pint water.

2 whole eggs and 1 yolk.
2 oz. grated cheese.
Pepper, salt, and cayenne.

Mix the flour and cornflour together. Put the butter and water into a saucepan ; when boiling, add the flour, and cook until the mixture leaves the sides of the pan. Take off the fire ; add the eggs one at a time, beating well after each. Add the cheese and seasoning. Turn on to a plate. Divide into rough pieces about the size of a walnut, and fry in deep fat to a golden-brown colour. Drain well, and serve at once. The fat for these must not be too hot, or the insides will not be properly cooked ; they should take about five minutes to cook, and should be quite a pale colour when finished.

Cheese Beignets.

$1\frac{1}{2}$ oz. butter.
4 oz. breadcrumbs.
2 oz. grated cheese.
 $\frac{1}{2}$ gill bean stock (boiling).

$3\frac{1}{2}$ eggs.
 $\frac{1}{4}$ teaspoonful salt.
 $\frac{1}{8}$ teaspoonful pepper.

Melt the butter ; add the breadcrumbs, cheese, and stock. When cool, add the yolks of eggs one at a time, and the seasoning. Beat the whites stiffly, and add to the mixture. Fry in deep fat in spoonfuls ; drain well. Place on a dish-paper on a hot dish, and garnish with fried parsley.

Cheese Pancakes.

$\frac{1}{4}$ lb. flour.	$\frac{1}{8}$ teaspoonful pepper.
1 egg.	A few grains of cayenne.
$\frac{1}{2}$ pint milk.	2 oz. grated cheese.
$\frac{1}{2}$ teaspoonful salt.	1 oz. butter.

Put the flour into a basin; make a hole in the centre. Put in the yolk of egg, and gradually add half the milk, mixing smoothly. Beat for ten minutes; add the rest of the milk, and leave for one hour. Beat the white of egg until stiff, and add it with the cheese and seasoning to the butter. Mix lightly. Put a little of the butter into the frying-pan. When hot, pour in a little of the batter (enough to cover the bottom of the pan), and cook until brown. Toss, or turn it with a knife, and cook until brown on the other side. Turn on to a piece of paper, roll up, and place on a hot dish. Fry the remainder of the batter in the same way. Serve at once.

(This quantity makes 6 pancakes, using a 6-inch pan.)

Italian Beignets (No. 1).

Choux pastry ($\frac{1}{2}$ quantities, see p. 40).	Pepper, salt, and cayenne.
4 oz. raw cauliflower.	$\frac{1}{4}$ oz. grated cheese.
$1\frac{1}{2}$ tablespoonfuls white sauce.	Parsley.
	1 gill tomato sauce.

Season the choux pastry with pepper and salt. Turn it on to a plate, and leave until cold. Divide into ten equal portions; put on to a floured board; flatten with a floured spoon. Put a portion of the vegetable mixture on each; gather up into ball shapes. Fry in deep fat. Drain on paper. Serve on a hot dish with a d'oyley

Garnish with fried parsley. Serve at once with a tureen of tomato sauce.

Vegetable Mixture.—Boil the cauliflower; when tender, cut into pieces. Add the sauce, cheese, and seasoning.

Italian Beignets (No. 2).

Choux pastry ($\frac{1}{2}$ quantities,
see p. 40).
3 oz. raw cauliflower.

$1\frac{1}{2}$ gills mushroom purée.
1 hard-boiled egg.
Pepper and salt.

Make the same as No. 1, filling with the following mixture: Boil the cauliflower; when tender, cut into pieces. Mix with the egg (cut up into small pieces) and $\frac{1}{2}$ gill of the mushroom purée. Season and use. Serve as soon as fried, putting the rest of the mushroom purée in a tureen.

Italian Beignets (No. 3).

Choux pastry (see p. 40).
9 oz. seakale.
2 hard-boiled eggs.

$1\frac{1}{2}$ gills sauce.
Pepper and salt.

Season the choux pastry with pepper and salt. Put it into a forcing-bag with a plain cake-forcer at the end, and force it on to a buttered baking-sheet in bun shapes. Bake in a moderate oven until quite firm. Cut the seakale and the eggs into small pieces, put in the saucepan with the sauce, and leave until quite hot. The sauce should be made as for white sauce, using the milk and the water that the seakale was boiled in. When the cases are baked, split them through and fill with the seakale mixture. Serve at once.

(Enough for 18 cases.)

Mushroom Beignets.

4 oz. mushrooms.

2 oz. butter.

Salt and pepper.

Paste for potato beignets,

No. 2 (see below).

Pink sauce (see p. 34).

Peel the mushrooms, and cut into pieces. Sprinkle with salt and pepper, and cook until tender in the butter. Divide the paste into twenty portions. Make into balls, and hollow the centre with a teaspoon. Put a little of the mushroom into the centre of ten of the balls. Cover with the remaining pieces. Press the edges well together, make into balls, and fry in deep fat. Serve with pink sauce.

Potato Beignets (No. 1).

6 oz. cooked potatoes.

1 oz. grated cheese.

2 eggs.

 $\frac{1}{2}$ small teaspoonful salt. $\frac{1}{4}$ small teaspoonful pepper.

Pinch of cayenne.

Rub the potatoes through a sieve. Add the cheese and seasoning and yolks of eggs; mix well, then add the whites beaten stiffly. Fry in small quantities in deep fat, as for cheese aigrettes. Drain on soft paper. Dish on a d'oyley, and serve at once.

Potato Beignets (No. 2).

6 oz. cooked potatoes.

6 oz. flour.

 $\frac{3}{4}$ teaspoonful baking-powder. $\frac{1}{2}$ teaspoonful salt.

3 oz. butter.

1 whole egg and 1 yolk.

Pass the flour, baking-powder, and salt through a sieve. Rub the potatoes through a sieve, and mix them

with the flour, etc. Add the egg (unbeaten), and mix into a smooth paste. Make into little balls, and fry in deep fat. Drain well.

N.B.—The fat must not be very hot to start with.

Salsify Fritters.

1 lb. salsify.

Milk.

3 pints water.

Salt.

1 teaspoonful lemon-juice.

1 tablespoonful oil.

1 teaspoonful vinegar.

Chopped parsley.

Frying batter (see p. 139).

Scrape the salsify, trim off the crown and root. Cut in two lengthways. Put into a basin of cold water, with a little milk to whiten the salsify. Put 3 pints of water into a saucepan with salt and lemon-juice. When boiling, put in the salsify. Cook until tender. Strain, and put it on a plate. Mix the oil, vinegar, and lemon-juice together; add some chopped parsley, pepper and salt. Pour this over the salsify. Leave them to soak for a few minutes. Dip each piece in frying batter. Fry, and drain on soft paper. Dish on a d'oyley; garnish with fried parsley.

Yorkshire Pudding.

Batter (see p. 139, $\frac{1}{2}$ quantities).

$\frac{1}{2}$ oz. butter.

Put the butter into a Yorkshire-pudding tin; put it into the oven, and when hot pour in the batter. Bake from half to three-quarters of an hour.

Pancake Pyramid (No. 1).

1 lb. mushrooms.	$\frac{1}{2}$ oz. flour.
$\frac{1}{4}$ teaspoonful pepper.	$\frac{1}{2}$ gill milk.
1 teaspoonful salt.	$\frac{1}{2}$ pint batter (see p. 139).
$1\frac{1}{2}$ oz. butter.	

Trim the mushrooms, and cut them into small pieces. Sprinkle over them the pepper and salt. Fry in the butter for five minutes; then put on the lid of the saucepan, and cook gently until the mushrooms are tender. Mix in the flour, add the milk, and cook for five minutes. Leave by the side of the fire to keep warm until wanted. Fry the batter as for pancakes, but do not roll up. Place a pancake on a hot dish, and spread it with some of the mushroom mixture. Put another pancake on top, then more mushroom mixture. Continue in this way until all the pancakes and mushrooms are used, having a pancake last. Serve at once.

(Enough for 5 or 6 persons.)

Pancake Pyramid (No. 2).

$\frac{1}{2}$ pint white sauce.	$\frac{1}{2}$ lb. green peas (cooked).
$\frac{1}{2}$ lb. carrots (cooked).	$\frac{1}{2}$ pint batter (see p. 139).

Put the sauce into a saucepan; when hot, add the carrots and peas, and more seasoning if necessary. Stir over the fire until thoroughly hot. Fry the batter as for pancakes, and finish as for pancake pyramid No. 1.

(Enough for 5 or 6 persons.)

Pancake Pyramid (No. 3).

1 lb. cooked potatoes.

1½ gills tomato sauce (see
p. 36).

1 oz. wholemeal breadcrumbs.

Cheese pancake mixture (see
p. 142).

Cut the potatoes into slices. Put the tomato sauce into a saucepan; when hot, add the potatoes, crumbs, and more seasoning if necessary. Stir over the fire until thoroughly hot. Fry the batter as for pancakes, and finish as for pancake pyramid No 1.

(Enough for 5 or 6 persons.)

CHAPTER XII

EGG DISHES, OMELETS, AND SOUFFLÉS

Boiled Eggs (No. 1).

Eggs.

Boiling water.

Put the eggs into a saucepan containing enough boiling water to cover them, and boil gently for four minutes.

Boiled Eggs (No. 2).

Eggs.

Boiling water.

Put the eggs into a saucepan containing enough boiling water to cover them. Boil for one minute, and then draw the saucepan to the side of the fire for five minutes.

Fried Egg.

$\frac{1}{4}$ oz. butter.

1 egg.

Pepper and salt.

Put the butter into a fireproof china dish (the smallest size, $3\frac{1}{2}$ inches, will take one egg), and place it on the top of the stove. When the butter is hot break in the egg carefully, add a little pepper and salt, and cook gently until the egg is set.

Poached Egg (No. 1).

1 egg.

Boiling water.

Salt.

Lemon-juice.

1 round of buttered toast.

Break the egg into a teacup. Put the water, salt, and lemon-juice into a frying-pan. Put in the egg, draw the pan to the side of the fire, and cook gently until the egg is set. Lift out with a slice, drain, trim the edges, and place on the toast on a hot plate.

Poached Eggs (No. 2).

Eggs.

Boiling water.

Salt.

Put a little boiling water into as many fireproof china egg-poachers as you have eggs. Break an egg into each, and place them in a saucepan, with enough boiling water to come half-way up the poachers. Put on the lid of the saucepan, and cook gently until the eggs are set. Lift out the poachers, and pour the water off carefully. Wipe the outside, and place on a hot dish. Serve at once.

Scrambled Eggs.

 $\frac{3}{4}$ oz. butter.

1 tablespoonful milk.

2 eggs.

 $\frac{1}{4}$ teaspoonful salt.

Pinch of pepper.

Buttered toast.

Put the butter and milk into a saucepan, and let them get hot. Put in the eggs (without beating) and the seasoning. Stir over the fire until the mixture thickens. Put the toast on to a hot dish, and pile the egg on it. Serve at once.

Eggs with Cream Sauce.

6 new-laid eggs.	$\frac{1}{2}$ pint béchamel sauce (see p. 27).
6 croûtons of toast.	1 teaspoonful chopped parsley.

Poach the eggs, trim them, and place on croûtons of toast on a hot dish. Pour over the béchamel sauce, and sprinkle a little parsley on each egg. Serve at once.

Eggs with Tomatoes.

4 tomatoes (1 lb.).	1 teaspoonful salt.
2 oz. butter.	$\frac{1}{4}$ teaspoonful pepper.
$\frac{1}{2}$ teaspoonful chopped shalots.	$\frac{1}{2}$ teaspoonful sugar.
6 eggs.	A few grains of cayenne.
	Hot buttered toast.

Skin the tomatoes, and cut into pieces. Melt the butter in a frying-pan, add the shalot, and cook for a few minutes. Add the tomatoes, seasoning, and sugar, cook for a few minutes, add the eggs (whole), and stir well. When cooked, turn into a hot dish in which the toast has been placed. Serve at once.

Spinach and Eggs.

1 lb. spinach.	10 eggs.
1 oz. butter.	10 rounds of buttered
1 oz. flour.	toast.
Pepper and salt.	Croûtons of pastry.

Wash and pick the spinach, and put it into a saucepan with pint boiling water. Cook for ten minutes. Rub the spinach through a wire sieve. Melt the butter, mix in the flour, add the spinach purée, and cook for ten minutes. Season. Poach the eggs, and place each on

a round of buttered toast on a hot dish. Pour over the spinach. Garnish with croûtons of pastry, and serve at once.

Swiss Eggs.

$\frac{1}{2}$ oz. butter.		4 eggs.
$\frac{1}{2}$ gill cream.		$\frac{1}{2}$ teaspoonful salt.

Spread a fireproof dish thickly with the butter. Pour in the cream, which should be about $\frac{1}{8}$ inch deep. Break the eggs carefully, and place them in the dish. Sprinkle the salt over them, and bake in a moderate oven until the eggs are set—about fifteen to twenty minutes.

Eggs-au-Gratin.

$\frac{1}{4}$ oz. butter.		$\frac{1}{2}$ gill white sauce or
2 hard-boiled eggs.		béchamel sauce.
$\frac{1}{4}$ gill cream.		

Spread a fireproof dish with the butter. Cut the eggs in halves, and place them in the dish with the cut side down. Mix the sauce and cream together; add more seasoning if necessary, and pour it over the eggs. Bake in a quick oven for ten minutes. Serve at once.

(Enough for 2 persons.)

Eggs Poached in Tomatoes.

3 tomatoes, weighing $\frac{1}{4}$ lb.		$\frac{1}{2}$ oz. butter.
each.		3 eggs.
Pepper and salt.		1 tablespoonful cream.

Remove the inside from the tomatoes, and sprinkle them outside with salt and pepper. Spread a fireproof china dish

with the butter ; place in the tomatoes ; break an egg in each, and pour a little cream on each. Bake until the eggs are set—about twenty minutes. Rub the inside of the tomatoes through a sieve, season with pepper and salt, and pour into the dish with the tomatoes a few minutes before they are taken out of the oven. Serve at once in the dish in which they are baked.

(Enough for 3 persons.)

NOTES ON OMELETS.

Omelets are composed chiefly of eggs, and may be either savoury or sweet.

When cooked, they should be of an oval shape, slightly brown on the outside, and of a soft consistency inside.

The pan must be very smooth, and kept for this purpose only. The best kind of pan is tinned copper or fireproof china. Enamelled iron is quite unsuitable, as it burns so quickly.

If an iron pan is the only available one, it should be prepared in the following way :

Put a little oil or butter into the pan, let it get smoking hot, pour it off, and rub the pan until smooth and bright with soft paper.

1. The eggs should only be mixed, not beaten, except in cases where the whites and yolks are separated.

2. The butter must be hot before the eggs are poured in.

3. The omelet must be stirred until it begins to set, and then folded.

4. Place on a hot dish, and serve at once. If the

omelet is cooked too long, or allowed to stand, it will become tough and leathery.

5. Savoury omelets should not be dished on a d'oyley, and if a sauce is used it should be poured round.

Sweet omelets should be served on a d'oyley, except when a sauce is served.

Asparagus Omelet (No. 1).

$\frac{1}{2}$ oz. asparagus heads (cooked).	Pinch of pepper.
2 eggs.	$\frac{1}{2}$ teaspoonful salt.
	$\frac{1}{2}$ oz. butter.

Cut the asparagus into small pieces. Break the eggs into a basin; mix in the seasoning; add the asparagus. Put the butter into a frying-pan; when hot, pour in the egg, etc. Stir until it thickens; fold into an oval shape. Serve on a hot dish.

Asparagus Omelet (No. 2).

$\frac{1}{2}$ oz. asparagus heads (cooked).	$\frac{1}{2}$ teaspoonful salt.
$\frac{1}{2}$ gill Hollandaise or béchamel sauce (see p. 31).	Pinch of pepper.
2 eggs.	$\frac{1}{2}$ oz. butter.

Cut the asparagus into pieces. Put the sauce into a saucepan; when hot, put in the asparagus. Break the eggs into a basin; add the salt and pepper. Put the butter into a frying-pan; when hot, pour in the eggs. Stir until the mixture begins to thicken, then place the asparagus mixture in the centre, and fold over. Serve in a hot dish.

Cheese Omelet.

2 eggs.		Pepper, salt, and cayenne.
1 oz. cheese.		$\frac{1}{2}$ oz. butter.

Beat the whites of eggs to a stiff froth. Beat the yolks of eggs and cheese together for five minutes, add the seasoning, then stir the whites in lightly. Put the butter into an omelet pan, and let it get hot. Pour in the mixture, stir over the fire for a few seconds, then put into the oven until just set. Turn on to a piece of paper, fold over, lift on to a hot dish, and serve at once.

Plain Omelet.

2 eggs.		Pinch of pepper.
1 tablespoonful cream or milk.		A few grains of cayenne.
$\frac{1}{8}$ teaspoonful salt.		$\frac{1}{2}$ oz. butter.

Break the eggs into a basin; add the cream, salt, pepper, and cayenne. Put the butter into a frying-pan; when hot, pour in the eggs, etc. Stir over the fire until the mixture thickens; fold into an oval shape. Put on to a hot dish, and serve at once.

Savoury Omelet.

6 eggs.		1 teaspoonful salt.
1 teaspoonful chopped parsley.		A few grains of cayenne.
Pinch of chopped lemon-thyme (if liked).		$\frac{1}{2}$ teaspoonful shalots (chopped).
$\frac{1}{8}$ teaspoonful pepper.		$1\frac{1}{2}$ oz. butter.

Break the eggs into a basin; add the parsley, lemon, thyme, and seasoning. Rub the omelet pan with garlic

or shalot. Put in the butter; when hot, pour in the eggs, etc., and stir until the mixture begins to set, then fold up. Put on to a hot dish. Serve at once.

Tomato Omelet (No. 1).

Plain omelet (see p. 154).

$\frac{1}{2}$ gill tomato sauce.

Put the omelet on to a hot dish, and pour the sauce round. Serve at once.

Tomato Omelet (No. 2).

3 oz. tomatoes.

Pepper, salt, and cayenne.

$\frac{1}{2}$ teaspoonful sugar.

4 eggs.

1 teaspoonful chopped parsley.

$\frac{1}{8}$ teaspoonful chopped shalots.

1 oz. butter.

Skin the tomatoes; cut them in slices. Put on to a buttered tin; sprinkle with salt, pepper, and sugar. Bake in a hot oven for a few minutes. Break the eggs into a basin; mix in the parsley, pepper, salt, and cayenne. Put the butter and shalot into an omelet pan; cook together for a few minutes. Pour in the eggs, etc. Stir over the fire until the mixture thickens. Put the tomatoes in the centre. Fold over. Serve on a hot dish.

Green-Pea Omelet (No. 1).

Make as for asparagus omelet No. 1 (p. 153), using peas instead of asparagus heads.

Green-Pea Omelet (No. 2).

Make as for asparagus omelet No. 2 (p. 153), using peas instead of asparagus heads.

Mushroom Omelet.

$\frac{1}{2}$ lb. mushrooms.
1 teaspoonful salt.
 $\frac{1}{4}$ teaspoonful pepper.
 $\frac{3}{4}$ oz. butter.
 $\frac{1}{4}$ oz. flour.
 $\frac{1}{4}$ gill milk.

6 eggs.
 $\frac{1}{2}$ teaspoonful salt.
 $\frac{1}{8}$ teaspoonful pepper.
Cayenne.
 $1\frac{1}{2}$ oz. butter.

Peel the mushrooms, and cut them into small pieces. Sprinkle over them the salt and pepper. Fry in the butter for five minutes. Put on the lid of the saucepan and cook gently until the mushrooms are tender. Add the flour and milk, and cook for five minutes. Make the omelet as for asparagus omelet No. 2 (p. 153).

(Enough for 4 persons.)

NOTES ON SOUFFLÉS.

A soufflé is a light, spongy mixture, consisting of eggs, a foundation sauce or panada, and flavouring.

In most of the vegetable soufflés the purée of vegetables is used in making the foundation sauce.

Great care must be taken in weighing the quantities.

If too much flour or cornflour is used, the soufflé will be too firm. A plain round china mould will be found the most suitable for vegetable soufflés.

1. Well butter the mould, using clarified butter, and tie a band of buttered paper about 4 inches wide round the top.

2. Cook the sauce or panada thoroughly, and let it cool a little.

3. Add the yolks of eggs one at a time, beating well after each.

4. Add the seasoning, cream, and flavouring.

5. Beat the whites until stiff, and mix them in lightly.

6. Cover with buttered paper if it is to be steamed.

7. Cook slowly and steadily.

A baked soufflé is served in the dish in which it is cooked. A steamed soufflé is turned out on to a hot dish, and if a custard or purée sauce is used, it is poured over it.

A syrup sauce should be poured round.

It is most important that soufflés should be dished as soon as they are cooked, or they will be spoilt.

Asparagus Soufflé.

$\frac{1}{2}$ lb. asparagus (weighed
after trimming).

$\frac{3}{4}$ pint boiling water.

$\frac{1}{2}$ teaspoonful salt.

2 oz. butter.

$1\frac{1}{2}$ oz. flour.

$\frac{1}{2}$ oz. cornflour.

4 eggs.

1 tablespoonful cream.

Pepper.

Wash and scrape the asparagus ; cut off the heads, and tie them up. Put the stalks and heads into a saucepan with the water and salt, and cook until tender. Strain. Rub as much as possible through a sieve, and cut up the heads. Put the asparagus purée into a $\frac{1}{2}$ -pint measure, and fill it up with the water in which it was

cooked. Melt the butter, mix in the flour and cornflour, add the asparagus purée gradually, and cook until the mixture leaves the sides of the pan. Take off the fire, and add the yolks of eggs, cream, and asparagus heads, and seasoning if necessary. Beat the whites of the eggs until stiff, and add them lightly to the mixture. Turn into a prepared soufflé china mould, cover with buttered paper, and steam slowly from forty to fifty minutes. Turn on to a hot dish, and coat with asparagus sauce.

Celery Soufflé.

6 oz. celery.

$\frac{3}{4}$ pint water.

2 oz. butter.

$1\frac{1}{2}$ oz. flour.

$\frac{1}{2}$ oz. cornflour.

4 eggs.

1 tablespoonful cream.

Salt and pepper.

Celery sauce (see p. 29).

Wash the celery, using only the most tender part, and cut it into small pieces. Cook in $\frac{3}{4}$ pint water with a little salt until tender, and then strain. Melt the butter, mix in the flour and cornflour, add the water in which the celery was cooked, and cook until the mixture leaves the sides of the pan. Remove from the fire; add the yolks of eggs, beating well after each. Add the celery, cream, and seasoning. Beat the whites of the eggs stiffly, and then add them lightly to the mixture. Pour into a prepared tin, and steam for forty to fifty minutes. Turn on to a hot dish, and pour the sauce over. Serve at once. This soufflé may be baked instead of steamed if liked, in which case it should be served in the dish in which it is cooked, and the sauce in a sauce-boat.

(Enough for 4 or 5 persons.)

Cheese Soufflé.

$\frac{1}{2}$ oz. cornflour.	1 oz. grated cheese.
$\frac{1}{2}$ pint milk.	3 yolks and 4 whites of
Pepper, salt, and cayenne.	eggs.

Mix the cornflour with a little cold milk. Put the rest on to boil, then add the moistened cornflour, and cook for a few minutes. Add seasoning of pepper, salt, and cayenne, and the cheese. Leave it on the stove for a few minutes. Beat the whites of eggs until stiff. Put the yolks into a basin, break them with a wooden spoon, gradually add the contents of the saucepan, and then mix all with the whites. Bake for about fifteen minutes. Serve at once.

(Enough for 4 or 5 persons.)

Green-Pea Soufflé.

$\frac{1}{2}$ lb. peas.	$1\frac{1}{2}$ oz. flour.
$1\frac{1}{2}$ pints boiling water.	$\frac{1}{2}$ oz. cornflour.
Sprig of mint.	4 eggs.
$\frac{1}{2}$ teaspoonful sugar.	1 tablespoonful cream.
1 teaspoonful salt.	$\frac{1}{2}$ teaspoonful pepper.
2 oz. butter.	Green-pea sauce (see p. 30).

Wash and shell the peas; break up the pods, removing the stalks and some of the stringy part. Put the peas and pods into the water with the mint, sugar, and salt, and cook until tender. Strain, and rub through a wire sieve. Put the pea purée into a $\frac{1}{2}$ -pint measure, and fill it up with the water in which the peas were cooked.

Melt the butter, mix in the flour and cornflour, gradually add the peas, etc., and cook until the mixture leaves the sides of the pan. Take off the fire; add the yolks of eggs and cream, and seasoning if necessary. Beat the whites until stiff, and add them to the mixture lightly. Turn in to a prepared soufflé china mould, cover with buttered paper, and steam gently from forty to fifty minutes. Turn on to a hot dish, coat with the sauce, and serve at once.

Seakale Soufflé.

6 oz. seakale (weighed
after trimming).

1½ gills milk.

1½ gills water.

2 oz. butter.

1½ oz. flour.

½ oz. cornflour.

4 eggs.

1 tablespoonful cream.

Salt and pepper.

Seakale sauce (see p. 35).

Cut the seakale into very small pieces. Put the milk and water into a saucepan; when boiling, add the seakale, and cook until tender. Strain. Melt the butter, mix in the flour and cornflour, add the liquid in which the seakale was cooked, and cook until the mixture leaves the sides of the pan. Take off the fire, and add the yolks of eggs, seakale, cream, and seasoning. Beat the whites of the eggs till stiff, and add them lightly to the mixture. Turn into a prepared china soufflé mould, cover with buttered paper, and steam slowly from forty to fifty minutes. Turn out on to a hot dish. Coat with seakale sauce, and serve at once.

Spinach Soufflé.

1½ lb. spinach.
 ¾ pint boiling water.
 2 oz. butter.
 1½ oz. flour.
 ½ oz. cornflour.

4 eggs.
 1 tablespoonful cream.
 Salt and pepper.
 1 oz. butter.
 1 oz. flour.

Prepare and wash the spinach, and cook for ten minutes in the boiling water. Rub through a wire sieve. Melt 2 oz. butter; mix with it the flour and cornflour. Add ½ pint spinach purée, and cook until the mixture leaves the sides of the pan. Take off the fire, and add the yolks of eggs, cream, and seasoning. Beat the whites to a stiff froth; add to the mixture. Mix lightly, and turn into a prepared china soufflé mould. Steam slowly for forty to fifty minutes. Melt 1 oz. butter; mix with it the flour. Add the rest of the spinach, and cook for ten minutes. Season. Turn the soufflé on to a hot dish, and coat with the sauce. Serve at once.

Tomato Soufflé.

2 oz. butter.
 1½ oz. flour.
 ½ oz. cornflour.
 ½ pint tomato sauce (see p. 36).
 4 eggs.
 Salt and pepper.
 1 tablespoonful cream.

Sauce.

1 gill white sauce (see p. 37).
 1 gill tomato sauce (see p. 36).
 Salt and pepper.
 2 tablespoonfuls cream.

Melt the butter; mix in the flour and cornflour. Add the tomato sauce, and cook until the mixture leaves the sides of the pan. Remove from the fire, and add the

yolks of eggs, seasoning, and cream. Beat the whites to a stiff froth, and mix them into the tomato, etc., lightly. Pour into a prepared china soufflé mould, and steam gently from forty to fifty minutes. Turn on to a hot dish, and coat with the sauce. Serve at once.

Sauce.—Put the white sauce and tomato sauce into a saucepan. Boil up, season, and add the cream. Serve.

CHAPTER XIII

ASPICS, CREAMS, AND SALADS

NOTES ON CLEAR JELLY.

IN making jelly all the utensils must be perfectly clean, and care must be taken that there is no flour about, or the jelly will be clouded.

The best gelatine is Marshall's sheet gelatine, and the proportion to use is from 1 to 1½ oz. to every quart of liquid, according to the time of year, more gelatine being required in summer than in winter.

The jelly is cleared by means of whites and shells of eggs, and these should be added after the gelatine has been dissolved. It must be well whisked until it boils, and then allowed to stand for ten minutes before being strained.

The best method of straining is to use a clean tea-cloth tied to the legs of a chair which has been turned upside down. The cloth should not be too fine, and should have no holes in it. It should be warmed by pouring boiling water through it immediately before the jelly.

The first jelly that runs through the cloth is always muddy, and should be put back into the cloth and allowed to run through again. It may be necessary to

do this two or three times, and the basins should be rinsed out each time.

It is better to put the chair near the fire or in a warm place, and to stand a jug filled with boiling water in the cloth, as the jelly sometimes begins to set in the cloth before it has all run through.

Aspic Jelly.

1 quart stock for clear
soup (see p. 9).
 $1\frac{1}{4}$ oz. gelatine.
1 oz. carrots.
1 oz. turnips.
 $\frac{1}{2}$ oz. onions.

Rind and juice of 1 lemon.
 $\frac{1}{4}$ gill mixed vinegars
(tarragon and malt).
1 gill sherry.
Whites and shells of 2 eggs.

Put the stock, gelatine, carrot, turnip, onion, and lemon-rind into a saucepan, and stir over the fire until the gelatine is dissolved. Add the vinegar, sherry, lemon-juice, whites of eggs slightly beaten, and shells crushed. Whisk over the fire until boiling. Simmer for ten minutes. Strain through a tea-cloth.

Tomato Aspic.

1 tin tomatoes.
1 pint butter-bean stock
(see p. 8)
 $\frac{1}{2}$ teaspoonful salt.
8 peppercorns.

$1\frac{1}{2}$ oz. gelatine to 1 quart
liquid.
1 tablespoonful vinegar.
The whites and shells of
2 eggs.

Put the tomatoes into a saucepan with the stock, salt, and peppercorns. Boil for ten minutes. Strain through a wire sieve. Measure the liquid, and put it back into the saucepan with the gelatine in the proportion of $1\frac{1}{2}$ oz. to a quart of liquid. Stir over the fire until the gelatine

has dissolved, then add the vinegar and the whites and shells of the eggs. The whites should be slightly beaten, and the shells crushed. Whisk well until boiling. Take out the whisk. Simmer for five minutes. Strain through a tea-cloth.

Chartreuse of Green Peas.

6 oz. shelled peas.	$\frac{1}{4}$ oz. gelatine.
1 pint boiling water.	1 tablespoonful cream.
1 lump of sugar.	$1\frac{1}{2}$ gills aspic jelly.
$\frac{1}{2}$ teaspoonful salt.	$\frac{1}{2}$ gill mayonnaise sauce (see
1 gill bean stock (see	p. 38).
p. 8).	2 hard-boiled eggs.

Put the peas into a saucepan with 1 pint of boiling water, salt, and sugar. Boil gently until tender. Rub them through a sieve with the water in which they were cooked. Dissolve the gelatine in the stock, and add it to the pea purée; when cold, add the cream and seasoning. Coat a plain mould with half of the aspic jelly, and then with the pea mixture. Mix $\frac{1}{2}$ gill of aspic jelly with the mayonnaise; add the egg cut in pieces, and place it in the mould. Cover with the rest of the pea mixture. Leave until set. Turn out, and serve with salad.

(Enough for $\frac{3}{4}$ -pint mould.)

Chartreuse of Tomatoes.

$2\frac{1}{2}$ gills tomato aspic jelly.	1 cauliflower (about 1 lb.
$\frac{1}{8}$ oz. gelatine.	boiled).
1 gill tomato sauce (see p. 36,	1 hard-boiled egg.
leaving out the cornflour).	$\frac{1}{2}$ gill mayonnaise sauce.

Line a plain mould with 1 gill of the aspic jelly. Dissolve the gelatine in another gill, and add it to the

tomato sauce. When cold, line the mould with this. Divide the cauliflower into small pieces, and cut up the egg. Mix together the rest of the aspic and the mayonnaise sauce; add half the cauliflower and the egg. Place this in the centre of the mould, and cover with the rest of the tomato. When cold, turn out and serve with salad, garnished with the rest of the cauliflower and slices of tomato.

(Enough for $\frac{3}{4}$ -pint mould.)

Galantine in Aspic.

Cold galantine (see p. 100).

Aspic jelly.

Cut the galantine into slices about $\frac{3}{8}$ inch thick. Put a layer of jelly in the bottom of a clean round sandwich tin which has been rinsed in cold water. When set, place the slices of galantine round the edge, leaving a little space between each. Fill up the tin with jelly. Leave until set, then turn on to a dish. Cut each slice out in a semicircular shape with a round cutter, leaving about $\frac{1}{4}$ inch jelly all round it. Place on a dish overlapping, and garnish with chopped aspic jelly and cress. This dish will look much better if the galantine is made very small in the first place, so that the slices are only about $2\frac{1}{2}$ inches across.

Macedoine of Vegetables in Aspic (No. 1).

4 oz. tomatoes.

12 oz. cooked butter beans.

2 hard-boiled eggs.

1 pint aspic jelly.

Skin the tomatoes, and cut them into slices. Skin the butter beans. Rub the yolk of egg through a sieve, and

cut the white into dice, or stamp out with a cutter. Put a little jelly into a plain mould, and, when set, decorate with white and yolk of egg. Put in a little more jelly to set the decoration, and then the rest of the vegetables in layers. Fill up the mould with the rest of the jelly, and leave until set. Turn out, and serve with salad.

(Enough for 1½-pint mould.)

Macedoine of Vegetables in Aspic (No. 2).

8 oz. young carrots.

6 oz. peas (shelled).

4 oz. butter beans (cooked).

4 oz. tomatoes.

1 pint jelly.

Cut the carrots into balls with a vegetable scoop, and cook until tender in boiling water with a little salt. Cook the peas in boiling water with a little sugar and salt. Skin the butter beans. Skin and slice the tomatoes. Put a little jelly into a plain mould; when set, decorate with a border of peas and carrots, with a star of butter beans in the centre. Put a little more jelly to set the decoration, and then put in the rest of the vegetables in layers. Fill up the mould with the aspic jelly, and leave until set. Turn out, and serve with salad.

(Enough for 1½-pint mould.)

NOTES ON CREAMS.

Creams are divided into three classes :

1. **Whole Creams.**—These are made of cream and flavouring stiffened with gelatine.

2. **Purée Creams.**—These are made of equal quantities of cream and purée stiffened with gelatine. A purée is a pulp made by passing the ingredient from which the cream takes its name through a sieve. It may also be mashed or pounded.

3. **Custard Creams.**—These are made of equal quantities of cream and custard stiffened with gelatine.

Creams may be either sweet or savoury. In this chapter they are all savoury ones.

With the exception of cream cheese, these all belong to the second or purée class. The third class are hardly suitable for savouries.

Creams may either be moulded or served in little ramekin cases. It is best to use tin or copper moulds, which should be plain for savoury creams. They must be kept bright inside, and they should be well washed and dried immediately after use.

The mould must be scalded, and rinsed in cold water before using. The appearance of the cream will be much improved if the mould is first masked with clear jelly.

Thick cream should be used, and it should be slightly whipped. The gelatine, etc., must be cool before it is added to the cream. The mixture should be stirred until it begins to set, and then poured into a mould. If this is not done, the cream and gelatine will separate.

Asparagus Cream.

$\frac{1}{2}$ lb. asparagus (weighed after trimming).	$\frac{1}{2}$ teaspoonful salt.
1 pint water.	1 gill cream.
$\frac{1}{4}$ oz. gelatine.	1 gill aspic.

Trim the asparagus, removing the hardest part of the white; boil until tender. Take off the tips, and set some of them in a mould with aspic jelly. Rub as much as possible of the stalk through a sieve. Dissolve the gelatine in 1 gill of the water the asparagus was cooked in. Add the seasoning, and mix this with the purée. When cool enough, mix with the cream (whipped); add the rest of the asparagus tips and more seasoning, if necessary. Fill the masked mould with this. When set turn out, and serve with potato salad.

Cheese Cream.

2 gills aspic jelly.	$\frac{1}{2}$ oz. grated cheese.
1 gill cream.	Salt, pepper, and cayenne.

Melt the jelly, and coat a mould with 1 gill of it. Whip the cream, and when the rest of the jelly is cold, add it to the cream. Add the cheese and seasoning, and stir until the mixture begins to set. Pour into the mould, and leave until set.

Green-Pea Cream.

1 gill aspic jelly.	$\frac{1}{4}$ teaspoonful sugar.
$\frac{1}{4}$ lb. peas.	$\frac{1}{4}$ oz. gelatine.
$\frac{3}{4}$ pint boiling water.	1 gill cream.
$\frac{1}{2}$ teaspoonful salt.	

Dissolve the jelly, and coat a plain mould with it. Wash and shell the peas; break up the pods, removing the stalk and some of the stringy part. Cook in the

water with the salt and sugar until tender ; rub through a sieve. Dissolve the gelatine in the purée (there should be 1 gill). Whip the cream, and when the gelatine, etc., is quite cold, add it to the cream. Season if necessary, and stir until beginning to set. Pour into the mould, and leave until set. Turn out, and garnish with chopped jelly and a little cress or chopped lettuce.

Spinach Cream.

1 gill aspic jelly.	$\frac{1}{2}$ teaspoonful salt.
$\frac{1}{2}$ lb. spinach.	$\frac{1}{4}$ oz. gelatine.
$\frac{1}{4}$ pint boiling water.	1 gill cream.

Dissolve the jelly, and coat a mould with it. Wash and pick the spinach, and put it into a saucepan with the water and salt. Boil for ten minutes. Rub through a wire sieve. Dissolve the gelatine in this ; there should be 1 gill of purée. Whip the cream, and when the gelatine, etc., is cold, add it to the cream. Season if necessary, and stir until the mixture begins to set. Pour into a mould, and leave until set. Turn out, and serve with chopped aspic jelly.

Tomato Cream.

1 gill aspic jelly.	$1\frac{1}{2}$ gills tomato purée.
$\frac{1}{2}$ oz. gelatine.	$1\frac{1}{2}$ gills cream.
3 tablespoonfuls water.	

Line a mould with the aspic jelly. Dissolve the gelatine in the water, and add it to the tomato purée. Whip the cream, and add it to the tomato, etc. Stir until it begins to set, and then pour it into the mould. When cold and set, turn out, and serve with salad.

(Enough for $\frac{3}{4}$ -pint mould.)

NOTES ON SALADS.

Salads are now very popular, and may be made in a number of ways. Cooked or uncooked vegetables may be used for them, or both mixed together.

The simplest form of salad is French salad, which is generally composed of lettuce or endive, dressed with oil or vinegar.

The most elaborate is Russian salad, for which cooked vegetables such as carrots, peas, beetroot, etc., cut into neat shapes, are mixed with mayonnaise sauce and set in aspic jelly.

Salads should always be daintily garnished, and made to look as cool as possible.

A very nice way of serving them is to make a number of small salads, one for each person, instead of one big one.

The chief points to be remembered in making salads are :

1. Use only very fresh vegetables.
2. Green vegetables such as lettuce or cress should be washed and well drained before using.
3. Lettuce is better torn up than cut with a knife.
4. Cooked vegetables for a salad should be only just tender, and should be cut into neat shapes. If cooked too much, they will be very soft and break up.
5. The salad should be served as soon as possible after the dressing is added, as if allowed to stand, the vegetables will become sodden.
6. The nicest oil to use for salads is walnut oil, but it is not easy to obtain in England. Olive oil is the next best.

Beetroot and Celery Salad.

$\frac{1}{2}$ lb. cooked beetroot.	2 tablespoonfuls cream.
$\frac{1}{2}$ lb. celery (best part only).	1 tablespoonful vinegar.

Cut the beetroot into dice, and the celery into small pieces. Mix the cream and vinegar together, and add to the celery and beetroot. Mix well, and place in a salad bowl. Garnish with the tips of the celery. This is a very nice winter salad, and is specially good served with potatoes baked in their skins.

Cauliflower Salad.

$\frac{1}{2}$ small cauliflower.	$\frac{1}{2}$ gill mayonnaise sauce
1 hard-boiled egg.	(see p. 38).
2 tomatoes.	

Boil the cauliflower from fifteen to twenty minutes. Remove all the green leaves; divide into pieces. Chop the white of egg, and pass the yolk through a sieve. Arrange the cauliflower in a heap in the centre of a dish; pour the sauce over. Garnish round with white of egg, and sprinkle the yolk over the top. Decorate with the tomato cut into pieces.

Cucumber Salad.

4 oz. cucumber.	A little cress.
1 gill aspic jelly (stiff, see p. 164).	$\frac{1}{2}$ gill mayonnaise sauce
2 small lettuces.	(see p. 38).

Peel the cucumber, and cut it into thin slices. Dissolve the jelly, and cover the bottom of a clean baking-sheet

with some of it. When set, place about twenty rounds of cucumber on it, and cover with jelly; leave until set. Wash and dry the lettuce and cress. Tear the lettuce leaves into small pieces, and mix with the rest of the cucumber and mayonnaise sauce. Place this in the centre of a dish. Cut the aspic jelly set with cucumber into squares or rounds, so that a slice of cucumber comes in the centre of each, and arrange them in a ring (overlapping a little) round the lettuce. Garnish with bunches of cress. The jelly for this must be *very stiff*.

Egg Salad.

5 hard-boiled eggs.
Cress for garnishing.

Salt and pepper.
Mayonnaise sauce (see p. 38).

Remove the egg-shells from the eggs; cut four of them into slices, and arrange on a salad dish. Sprinkle them with pepper and salt; coat with mayonnaise sauce. Garnish with cress; decorate with the remaining yolk passed through a sieve, and the white chopped finely.

N.B.—Allow one egg for each person, and one for garnishing.

Potato Salad.

1 lb. potatoes (cooked).
 $\frac{1}{2}$ gill mayonnaise sauce.
A little mustard and cress.

Cut the potatoes into dice; mix the sauce with them, and place in a salad bowl. Garnish with the cress. The potatoes for this must be only just cooked, or they will break up.

Tomato Salad.

$\frac{3}{4}$ lb. tomatoes.	$\frac{1}{8}$ teaspoonful pepper.
$\frac{1}{2}$ teaspoonful chopped water-cress.	1 hard-boiled egg.
$\frac{1}{2}$ teaspoonful salt.	$\frac{1}{2}$ gill cream.
	Potato salad (see p. 173).

Choose tomatoes of an equal size—about seven or eight to the pound. Remove the inside of the tomatoes, and rub it through a sieve. Take an equal quantity of cream, and whip it. Add the cress, salt, pepper, and chopped egg to the tomato, then add these to the cream. Fill the tomatoes with the mixture; place them on a dish in a ring. Place the potato salad in the centre, and garnish with cress.

Tomato and Celery Salad.

$\frac{1}{2}$ oz. gelatine.	$\frac{1}{4}$ gill mayonnaise sauce (see
$\frac{1}{2}$ gill water or stock.	p. 38), or salad dressing
1 pint tomato sauce (see p. 36).	No. 1.
1 small head of celery, using the best part only.	A little cress or a small lettuce.

Dissolve the gelatine in the water or stock; when cold, add it to the tomato sauce, and stir until it begins to set. Pour into a wet border mould, and leave until set. Turn out on to a dish. Cut the celery into pieces about 4 inches in length, and mix it with the mayonnaise sauce or salad dressing. Place in the centre of the mould. Garnish with cress or chopped lettuce, and serve immediately.

CHAPTER XIV

SAVOURIES

Curry Toast.

$\frac{1}{4}$ lb. mushrooms.
 $\frac{1}{2}$ oz. butter.
1 gill curry sauce (see p. 19).

4 small rounds hot buttered
toast.

TRIM and cut up the mushrooms, and fry in the butte for five minutes. Put on the lid of the saucepan, and cook until the mushrooms are tender. Add the curry sauce. Cook for a few minutes, then put a little on each round of toast. Serve at once.

Cheese Savoury.

2 oz. butter.
2 small eggs.
2 oz. grated Cheddar cheese.

Salt, pepper, and cayenne.
 $\frac{1}{2}$ lb. puff-pastry trimmings.

Cream the butter; add the eggs (well beaten), the cheese, and seasoning. Roll the puff-pastry out until very thin. Spread half of it with the cheese mixture; cover with the other half; cut into small shapes. Bake in a hot oven. Dish on a d'oyley, and serve at once.

Cheese Straws.

2 oz. flour (in summer $2\frac{1}{2}$ oz.).	2 oz. butter.
Salt.	3 oz. Cheddar cheese (grated).
Cayenne.	Yolk of 1 egg.
Pepper.	2 teaspoonfuls water.

Mix the flour and seasoning together ; rub in the butter, and add the cheese. Add the egg and water, and mix until smooth. Turn on to a floured board and roll out thinly ; cut into strips 3 inches long and $\frac{1}{4}$ inch wide, and put on to a buttered tin. Cut out some rings $1\frac{1}{4}$ inches in diameter, place them on the tin, and bake in a cool oven for twenty minutes. Place the straws inside the rings, making them into little bundles, and serve on a d'oyley.

Cheese Sandwiches (No. 1).

2 hard-boiled yolks of eggs.	$\frac{1}{4}$ teaspoonful mustard.
1 oz. grated cheese.	Thin slices of new bread and
$\frac{1}{2}$ oz. butter.	butter.
Pepper, salt, and cayenne.	

Rub the eggs through a wire sieve ; add the cheese, butter, pepper, salt, and cayenne and mustard. Mix well. Spread between the slices of bread and butter. Press well together, and cut into square or triangular pieces. Serve on a d'oyley, garnished with cress.

Cheese Sandwiches (No. 2).

Cheddar cheese.	New brown bread and butter,
Salt, pepper, and cayenne.	or tiny long rolls.
Mustard and cress.	

Cut the cheese into very thin slices, using a silver knife. Sprinkle over the salt, pepper, and cayenne.

Place the cheese and mustard between the slices of bread and butter, or between the rolls cut through and buttered. Press well together, and serve on a d'oyley, garnished with the cress.

Cream-Cheese Sandwiches.

Wholemeal or plain biscuits.
Cream cheese.
Salt, pepper, and cayenne.

Mustard and cress, or small
tomatoes.

Spread the biscuits with cream cheese ; sprinkle with salt, pepper, and cayenne. Put two together, and serve on a d'oyley, garnished with mustard and cress or tiny tomatoes.

Cucumber Sandwiches.

Cucumber.
Salt.
Cress.

Slices of new brown or white
bread and butter.

A new-milk roll will be found nice for these sandwiches. Choose a firm, fresh cucumber, peel, and cut into very thin slices ; sprinkle with salt. Place between the bread and butter ; press well together. Serve at once, garnished with cress.

Tomato Sandwiches (No. 1).

Tomatoes.
Pepper and salt.
New white bread and butter.

Skin and slice the tomatoes, and sprinkle with pepper and salt. Place between the slices of bread and butter ; press together, and cut into neat pieces. Serve at once on a d'oyley. Garnish with cress.

Tomato Sandwiches (No. 2).

2 yolks of eggs.	$\frac{1}{4}$ teaspoonful mixed mustard.
2 oz. fresh butter.	Pepper and salt.
1 tablespoonful chopped water- cress.	Brown bread (new). Tomatoes.

Rub the yolks through a wire sieve; add the butter, mustard, cress, pepper and salt. Mix well with a wooden spoon. Spread some brown bread with this mixture, using a silver knife, and cut into thin slices. Skin and cut up the tomatoes, and place between the slices of brown bread and butter, etc. Press together, and cut into neat pieces. Serve on a d'oyley, garnished with watercress.

Egg Sandwiches.

Thin slices of bread and butter.	$\frac{1}{2}$ oz. fresh butter.
2 hard-boiled eggs.	2 teaspoonfuls chopped water- cress.
Pepper and salt.	

Cut the bread and butter from a new loaf. Rub the eggs through a wire sieve. Add the salt, pepper, butter, and watercress. Mix well with a wooden spoon. Spread this mixture between slices of bread and butter, using a silver knife. Press well together before cutting into pieces. Serve on a d'oyley, garnished with watercress.

Stuffed Eggs (No. 1).

4 hard-boiled eggs.	8 small rounds brown bread.
2 oz. tomatoes.	$\frac{1}{2}$ oz. fresh butter.
Pepper and salt.	1 tablespoonful chopped water cress.
1 tablespoonful whipped cream.	Salad.

Remove the shells from the eggs, and cut each into half. Cut off a little of the white, so that they will stand

steadily. Remove the yolk, and rub through a wire sieve with the tomato. Add the cream and seasoning. Mix well, and fill the whites with this mixture, piling it up well. Make a handle over each with watercress stalks. Mix the butter and watercress together, and spread it on the rounds of bread. Place the salad in the centre of a dish, put an egg on to each round of bread, and place round the salad.

Stuffed Eggs (No. 2).

3 hard-boiled eggs.
1 tablespoonful cream (whipped).
1 tablespoonful chopped water-
cress.

Pepper, salt, and bay-leaf.
2 tomatoes.
1 gherkin (pickled).
Salad.

Remove the shells from the eggs, and cut each into halves. Cut a little piece of the white off each, so that they will stand steadily. Take out the yolk, and rub it through a sieve. Mix with it the watercress, cream, and seasoning. Fill the whites with this mixture, piling it well up. Cut the tomatoes into six slices, and place them on a dish with the salad in the centre. Cut the gherkins into strips, and decorate the eggs with them. Place an egg on each slice of tomato. Garnish with cress, and serve.

Baked Mushrooms.

1 lb. mushrooms.
2 oz. butter.

Pepper and salt.
Croûtons of bread.

Choose small mushrooms. Peel and trim them, cutting the stalks rather short. Sprinkle the mushrooms with pepper and salt; place them on a baking-sheet which has

been spread thickly with butter. Place a small piece of butter on the top of each mushroom, and bake until they are tender—about twenty to thirty minutes. Place the croûtons, which should be fried in butter, on a hot dish. Pile the mushrooms on top, and pour over any juice there may be. Serve at once.

Stuffed Mushrooms.

1 lb. mushrooms.
Pepper and salt.
5 oz. butter.

3 teaspoonfuls chopped
parsley.
Breadcrumbs.

Choose large mushrooms. Peel and trim them, leaving about 1 inch of stalk. Chop 6 oz. of the mushrooms, choosing the broken ones if there are any. Sprinkle them with pepper and salt, and sauté in 3 oz. of the butter for five minutes. Take off the fire; add the parsley and breadcrumbs, and more seasoning if necessary. Arrange this mixture on the mushrooms, piling it against the stalks. Spread a baking-sheet with half the butter, and melt the rest in a saucepan. Place the mushrooms on the baking-sheet; pour the melted butter over them, and bake until tender in a moderate oven—about thirty minutes. Place on a hot dish, pour the juice round, and serve at once.

Stuffed Onions (No. 1).

4 Spanish onions.
4 oz. German lentils.
 $1\frac{1}{2}$ gills tomato sauce.

Pepper and salt.
1 oz. butter.

Skin the onions, removing only the dark skin. Boil gently in water with a little salt until tender—about one

hour. Wash the lentils, and tie them in muslin. Boil until tender, and then rub through a sieve. Remove the centre from the onion, and chop it finely. Put the lentils into a basin, keeping back about one tablespoonful. Add the chopped onion and $1\frac{1}{2}$ tablespoonfuls of tomato sauce. Season well, and fill the onions with the mixture. Place in a tin, with a little piece of butter on each, and bake in a very hot oven for about fifteen minutes, basting often to get the onions brown. Place on a hot dish. Sprinkle with the rest of the lentils, and serve with the tomato sauce.

Stuffed Onions (No. 2).

4 Spanish onions (about
2 lb.).

4 oz. cooked butter beans.

2 oz. mushrooms.

1 oz. butter.

Pepper and salt.

Skin the onions and boil gently until tender—about one hour. Remove the centres and chop finely. Peel and trim the mushrooms, and cook them in the butter, then cut them into small pieces. Rub the beans through a sieve, and mix them with the mushrooms and chopped onion; season with pepper and salt. Stuff the onions with this mixture; put them on a baking-sheet, with a piece of butter on each, and bake until slightly brown. Place on a hot dish, and sprinkle with a little of the butter-bean mixture after rubbing it through the sieve.

Stuffed Potatoes.

6 potatoes (weighing about
6 oz. each).
4 oz. carrots.
4 oz. onions.
4 oz. celery.

1 pint water.
1 oz. butter.
1 egg.
1 teaspoonful chopped
parsley.

Scrub the potatoes, and bake in a slow oven until tender. Cut the carrot, onion, and celery into small pieces, and cook in the water until tender. Strain and rub through a wire sieve. Cut off about one-third of the potatoes, and scrape out the inside, taking care not to break the skin. Rub the potato through a sieve. Melt the butter in a saucepan, add the potato, carrot, etc., and the egg well beaten. Mix well over the fire until it is quite hot, and the egg is cooked. Add the parsley and seasoning. Fill the potato-cases with the mixture, letting it come well above the top. Put them into the oven to heat through. Serve on a hot dish garnished with parsley, and serve the following sauce with them :

Sauce for Stuffed Potatoes.

1 oz. butter.
1 oz. flour.
 $\frac{1}{4}$ pint milk.

Water in which the vegetables
were cooked.

Melt the butter in a saucepan, and add the flour ; mix smoothly. Add the milk and water. Boil for six minutes. Season and serve.

Semolina Cakes.

1 pint milk.	Salt, pepper, and cayenne.
3 oz. semolina.	$\frac{1}{2}$ oz. butter.
$2\frac{1}{2}$ oz. grated cheese.	1 egg.

Put the milk into a saucepan, and bring to boiling-point. Add the semolina, and stir over the fire until the semolina is cooked and the mixture is stiff—about twenty minutes. Add $1\frac{1}{2}$ oz. of the cheese, and the seasoning. Turn on to a plate; make into a flat cake, and leave until cold. Divide into eight, and make each into a round cake, about $1\frac{1}{4}$ inches high. Spread a fire-proof china dish with the butter, and place the cakes on it; brush over with egg, and sprinkle over them the rest of the cheese. Bake in a quick oven from ten to fifteen minutes. Serve at once.

Baked Tomatoes (No. 1).

1 lb. tomatoes.	$\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ teaspoonful salt.	1 egg.
$\frac{1}{4}$ teaspoonful sugar.	Bread sauce (see p. 28).
$\frac{1}{8}$ teaspoonful pepper.	

Wipe the tomatoes, and cut them in half. Sprinkle over them the salt, sugar, and pepper. Spread a fire-proof dish with the butter, and place the tomatoes on it, cut side up. Beat up the egg and mix it with the sauce. Put a spoonful of the sauce on the top of each piece of tomato. Put into a quick oven, and bake for ten minutes. Serve at once in the dish in which they were baked.

Baked Tomatoes (No. 2).

1 lb. tomatoes.	$\frac{1}{8}$ teaspoonful pepper.
$\frac{1}{2}$ oz. butter.	1 egg.
$\frac{1}{2}$ teaspoonful salt.	Bread sauce (see p. 28).
$\frac{1}{4}$ teaspoonful sugar.	

Skin the tomatoes and cut them into slices. Spread a fireproof dish with the butter, put in the tomato, and sprinkle over it the salt, sugar, and pepper. Beat up the egg, mix it with the bread sauce, and pour it over the tomatoes. Bake in a quick oven from ten to fifteen minutes. Serve at once.

Stuffed Tomatoes (No. 1).

1 lb. tomatoes (7 small ones).	$\frac{1}{4}$ teaspoonful chopped onion.
$\frac{1}{4}$ lb. mushrooms.	1 oz. breadcrumbs.
1 oz. butter.	$\frac{1}{2}$ teaspoonful chopped parsley.
	1 tablespoonful grated cheese.

Wipe the tomatoes ; take out the inside of each without breaking them. Rub the pulp through a sieve. Peel the mushrooms, and chop roughly. Melt the butter in a frying-pan ; put in the mushrooms and onion. Sauté until the mushrooms are tender ; then add the pulp from the tomatoes, the breadcrumbs, parsley, and pepper and salt. Fill the tomatoes with this mixture. Sprinkle them with cheese. Put them on to a buttered baking-sheet, and bake for about ten minutes.

Stuffed Tomatoes (No. 2).

6 tomatoes.

3 oz. boiled potatoes.

 $\frac{1}{2}$ oz. butter.

1 egg.

 $\frac{1}{2}$ teaspoonful chopped parsley

Cayenne, pepper, and salt.

 $\frac{1}{2}$ teaspoonful grated cheese.

Remove the inside from the tomatoes, and rub it through a sieve. Rub the potatoes through a sieve. Melt the butter in a saucepan; add the potato, yolk of egg, and seasoning. Stir over the fire until the mixture is hot; then add the parsley and the tomato purée. Beat the white of egg to a stiff froth, and add it lightly to the potato mixture. Fill the tomatoes as full as possible; sprinkle them with grated cheese, and place them on a well-buttered baking-sheet. Bake for about ten minutes. Serve at once.

Stuffed Tomatoes (No. 3).

2 tomatoes (weighing about
6 oz.).

1 egg.

 $\frac{1}{2}$ oz. butter.

Salt and pepper.

Remove the inside from the tomatoes, and rub it through a sieve. Beat up the egg; melt the butter; add the egg, tomato, and seasoning. Stir over the fire until the mixture thickens. Fill the tomatoes with it; place them on a buttered tin, and bake for ten minutes. Put the tomatoes on to a hot dish, and serve at once.

Welsh Rare-bit.**Hot buttered toast.****2 oz. Cheddar cheese.** **$\frac{1}{2}$ oz. butter.****1 tablespoonful cream.****Pepper, salt, and cayenne.**

Make some little rounds of hot buttered toast. Break up the cheese into small pieces; if dry, grate it. Put the butter and cream into a saucepan. When hot, put in the cheese, pepper, salt, and cayenne. Stir over the fire until the consistency is that of thick cream. Put the mixture on the toast, and serve at once on a very hot dish.

CHAPTER XV

SWEETS

Date Cake (No. 1).

1 lb. dates.
 $\frac{1}{2}$ lb. Brazil nuts.
Rice-paper.

SHELL and peel the nuts, and cut into thin slices. Stone the dates. Put a round of white paper into a cake-tin, then a round of rice-paper; then put in the dates and Brazil nuts in layers, putting dates in first and last. Put another round of rice-paper, and then white paper on the top. Put a weight on the top. Leave until well pressed. Turn out and serve for dessert.

Date Cake (No. 2).

1 lb. dates.
 $\frac{1}{2}$ lb. walnuts.
Rice-paper.

Make as for date cake No. 1.

Fig Cake (No. 1).

1 lb. best figs.
 $\frac{1}{2}$ lb. Brazil nuts.
Rice-paper.

Cut the figs through, and make as for date cake No. 1.

Fig Cake (No. 2).

1 lb. best figs.
 $\frac{1}{4}$ lb. sweet almonds (blanched).
 Rice-paper.

Cut the figs through, and make as for date cake No. 1.

Raspberry Charlotte (No. 1).

Sponge cake (see recipe for chestnut and banana gâteau, p. 194). 8 ice wafers. 1 tablespoonful apricot jam or red-currant jelly. Royal icing. 1 lb. raspberries.	4 oz. sugar. 2 teaspoonfuls lemon-juice. $\frac{3}{4}$ oz. gelatine. $\frac{3}{4}$ gill water. $\frac{1}{2}$ pint cream. 4 pistachio nuts (blanched and chopped).
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Make as for strawberry charlotte, but rub the raspberries through a hair sieve.

(Enough for 7 or 8 persons.)

Raspberry Charlotte (No. 2).

1 round of sponge cake (4 inches in diameter). 14 boudoir biscuits (about $\frac{1}{4}$ lb.). 1 lb. raspberries. $\frac{1}{4}$ lb. sugar.	2 teaspoonfuls lemon-juice. $\frac{3}{4}$ oz. gelatine. $\frac{3}{4}$ gill water. $\frac{1}{2}$ pint cream. $\frac{1}{4}$ pint lemon jelly.
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Place a cake-ring measuring $4\frac{3}{4}$ inches in diameter in the centre of the dish in which the charlotte is to be served. Put the round of sponge cake in the centre, and arrange the biscuits round with the sugary side

against the tin. The cake should be about an inch in thickness. Put the raspberries and sugar into a basin, and crush them well, then rub through a sieve. Add the lemon-juice. Dissolve the gelatine in the water. Whip the cream; add the raspberries and gelatine, etc., which must be cold. Stir this mixture until it begins to set, then fill the case to within $\frac{1}{4}$ inch of the top. Leave until quite set. Chop the jelly; pile it on the top. Take off the ring, and tie round with a piece of ribbon. Serve at once.

(Enough for 7 or 8 persons.)

Strawberry Charlotte.

Sponge cake (see recipe for chestnut and banana gâteau, p. 194).

8 ice wafers.

1 tablespoonful apricot jam or red currant jelly.

Royal icing.

1 lb. strawberries.

4 oz. sugar.

1 teaspoonful lemon-juice.

$\frac{3}{4}$ oz. gelatine.

$\frac{3}{4}$ gill water.

$\frac{1}{2}$ pint cream.

4 pistachio nuts (blanched and chopped).

Bake the cake mixture in a tin about 5 inches in diameter. Cut the cake into an octagonal shape. Each side should be the same width as one of the biscuits. Spread the sides of the cake with the jam, and place the biscuits against it. Colour the icing with caramel or coffee essence to match the biscuits. Place it in a forcing-bag with a rose forcer at the end. Pipe between the biscuits inside and outside the case. Leave until the icing is quite set—this will take two or three hours. Remove the stalks from the strawberries; put them into

a basin with the sugar, and crush with a fork. Add the lemon-juice. Dissolve the gelatine in the water. Whip the cream; add the strawberries and gelatine, which must be almost cold. Place the case in the dish in which it is to be served. Fill with the cream, and tie round with white ribbon. Sprinkle over it the pistachio nut.

(Enough for 7 or 8 persons.)

Apple Charlotte.

2 lb. apples.

4 oz. breadcrumbs.

4 oz. sugar.

2 oz. butter.

Juice of 1 lemon.

Peel and slice the apples. Put a layer of breadcrumbs in the bottom of a buttered pie-dish; put in a layer of apples and sugar, and then little pieces of butter. Fill up the dish in this way, having breadcrumbs and butter last. Squeeze the lemon-juice over, and bake for about one hour. Serve with custard or cream.

(Enough for 6 persons.)

Pineapple Charlotte.

Sponge cake (see recipe for chestnut and banana gâteau, p. 194).

8 ice wafers.

1 tablespoonful apricot jam.

Royal icing.

1 small tin pineapple chunks.

$\frac{1}{2}$ oz. sugar.

$\frac{3}{4}$ oz. gelatine.

$\frac{1}{2}$ pint cream.

$\frac{1}{2}$ oz. almonds.

Bake the cake mixture in a tin about 5 inches in diameter. Cut the cake into an octagonal shape. Each

side should be the same width as one of the biscuits. Spread the sides of the cake with the jam, and place the biscuits against it. Add a little green colouring to the icing, and place it in a forcing-bag with a rose forcer at the end. Pipe between the biscuits inside and outside the case. Leave until the icing is quite set—this will take two or three hours. Cut some of the pineapple into slices about $\frac{1}{8}$ inch in thickness. Stamp out with a small fancy cutter; about twenty-four pieces will be required. Break the rest of the pineapple up into small pieces with two forks or a silver knife. Put the sugar, gelatine, and pineapple syrup into a saucepan, and stir over the fire until the gelatine is dissolved. Whip the cream; add the pineapple and the gelatine, which must be almost cold. Place the case on the dish in which it is to be served. Fill with the cream, etc., and tie round with green ribbon the same colour as the icing. This will take about $\frac{3}{4}$ yard. Arrange the shapes of pineapple in a ring slightly overlapping on the cream. Blanch, shred, and brown the almonds, and stick into the cream. Serve at once.

(Enough for 7 or 8 persons.)

Royal Icing.

$\frac{1}{2}$ lb. icing sugar.

1 white of egg.

Juice of $\frac{1}{2}$ small lemon.

Rub the icing sugar through a hair sieve. Whip the white of egg; add a part of the sugar gradually. Beat well; then add the lemon-juice and the rest of the sugar.

Trifle.

$\frac{1}{2}$ tin apricots.	2 tablespoonfuls raspberry jam.
6 oz. sponge cake.	$\frac{1}{2}$ pint custard (see p. 197).
2 oz. ratafia.	$\frac{1}{4}$ pint cream.

Put the apricots into a saucepan with the syrup, and cook until tender, but not broken. Strain. Crumble the sponge cakes and ratafias; mix together, and put half into a glass dish. Spread over them the jam, and then the rest of the sponge cake, etc. Pour the apricot syrup over, and place the apricots on top. Cover with the custard. Whip the cream slightly, and place on the top.

(Enough for 6 persons.)

Banana Trifle.

12 oz. banana (weighed after peeling).	1 tablespoonful lemon-juice.
1 oz. sugar.	1 gill cream.

Cut the banana into $\frac{1}{2}$ -inch pieces. Put it into a basin or soup-plate, and sprinkle over it the sugar and lemon-juice. Cover over, and leave for one hour. Turn into a glass dish; whip the cream, and pile it on top.

(Enough for 4 persons.)

Betsy Pudding.

2 tablespoonfuls jam.	1 pint boiling milk.
3 oz. breadcrumbs.	1 egg.
1 oz. sugar.	Nutmeg.

Butter a pie-dish, and put the jam at the bottom. Put the breadcrumbs and sugar into a basin, and pour

over them the milk. Leave until nearly cold. Beat up the egg; add it to the milk, etc., and pour into the pie-dish. Grate over it a little nutmeg. Bake in a slow oven for one hour.

(Enough for 5 persons.)

Black-Currant Sponge.

$\frac{1}{2}$ teacupful black-currant jam.	2 oz. butter.
$\frac{1}{4}$ lb. flour.	2 oz. sugar.
Pinch of salt.	1 egg.
1 teaspoonful baking-powder.	1 tablespoonful milk.

Butter a pint basin, and put the jam at the bottom. Pass the flour, salt, and baking-powder through a sieve. Rub in the butter, add the sugar, and mix well. Beat up the egg, add the milk, and pour into the centre of the flour, etc. Mix quickly, pour into the basin, cover with buttered paper, and steam for one hour and a quarter.

(Enough for 5 persons.)

Cabinet Pudding.

2 oz. bread.	Pinch of grated lemon-rind
2 oz. cake.	$\frac{1}{2}$ pint milk (hot).
1 oz. sugar.	1 egg.
Pinch of salt.	1 oz. raisins.

Cut the bread and cake into dice, and put them into a basin, with the sugar, salt, and lemon-rind. Beat up the egg, and add the milk to it. Pour this over the bread, etc. Leave to soak for half an hour. Butter a basin, and decorate it with the raisins which have been stoned.

Put the bread, etc., into the basin; cover with buttered paper, and steam slowly for one hour. Turn out on to a hot dish, and serve with custard or raspberry sauce.

(Enough for 4 persons.)

Peach Pudding.

1 small tin peaches.
2 oz. butter.
2 oz. flour.
3 gills milk.

1½ oz. sugar.
2 eggs.
3 oz. castor-sugar.

Cut the peaches into small pieces, and put into a fancy pie-dish (1½ pints) with a little of the syrup. Melt the butter in a saucepan; mix in the flour. Add the milk gradually, stirring well all the time. Cook for five minutes. Take off the fire; add 1½ oz. sugar, the rest of the syrup, and the yolks of eggs. Pour this over the peaches, and put into the oven for a few minutes to set. Whip the whites to a stiff froth; add the castor-sugar. Pile roughly on the top of the pudding, and bake in a cool oven until crisp.

(Enough for 7 or 8 persons.)

Chestnut and Banana Gâteau.

½ lb. chestnuts.
½ oz. butter.
¼ pint water.
2 oz. sugar.
4 oz. banana (weighed after peeling).

Rind and juice of ½ lemon.
½ oz. sugar.
2 teaspoonfuls lemon-juice.
Sponge cake.
½ gill cream.

Wash the chestnuts, and cut a small piece of the skin off each. Sauté them in the butter for about twenty

minutes, and then remove the skins. Put the water, sugar, lemon-juice and rind into a saucepan, and boil for five minutes. Put in the chestnuts, and cook until tender. Strain, and rub half of them through a sieve. Reduce the syrup by boiling fast for ten minutes. Dip in the chestnuts, and place on a greased tin plate to set. This must not be done long before the gâteau is served, or they will become dull. Cut the bananas into pieces $\frac{1}{2}$ inch in thickness; sprinkle over them the sugar and lemon-juice; leave for thirty minutes. Remove the inside of the cake, leaving a wall about $\frac{3}{4}$ inch thick. Whip the cream; mix the chestnut, purée, and banana together, and put into the cake. Pile the cream on top, and put the chestnuts round. Serve at once.

For the Sponge Cake.

2 eggs.	$\frac{1}{2}$ teaspoonful baking-powder.
2 oz. sugar.	Pinch of salt.
1 oz. cornflour.	$\frac{1}{2}$ oz. butter.
1 oz. flour.	

Separate the whites from the yolks of the eggs, putting the whites on to a plate and the yolks into a basin large enough to mix the cake in. Cream the yolks and sugar together. Pass the flour through a sieve with the corn-flour, baking-powder, and salt. Melt the butter in a little saucepan. Beat the whites of eggs to a stiff froth. Add the flour, etc., and a part of the white and the butter to the yolks and sugar, mixing lightly with an iron spoon; then mix in lightly the rest of the white. Bake in a buttered and papered tin, $5\frac{1}{2}$ inches in diameter.

Coffee Cream.

$\frac{1}{2}$ pint lemon jelly.	$2\frac{1}{2}$ oz. sugar.
8 pistachio nuts (blanched).	$\frac{1}{2}$ oz. gelatine.
$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ pint cream.
3 yolks of eggs.	Coffee essence to taste.

Make a $1\frac{1}{2}$ -pint mould with some of the jelly, and decorate with the pistachio nuts chopped or cut into shapes. Heat the milk; mix the eggs and sugar together, and pour the milk on to them. Return to the saucepan; add the gelatine, and cook until the custard thickens. Strain into a basin, and leave until cool. Whip the cream, and add to it the custard and coffee essence. Mix well, and pour into the mould. Leave until set. Turn out on to a dish, and garnish with chopped jelly. See notes on creams, p. 168.

(Enough for 6 persons.)

Baked Custard.

1 pint milk.	Flavouring.
2 eggs.	Nutmeg.
2 teaspoonfuls sugar.	

Put the milk into a saucepan, and boil it. Beat up the eggs; add the sugar and flavouring, and the milk gradually. Pour into a buttered pie-dish. Grate the nutmeg over, and bake in a cool oven until set—about one hour.

(Enough for 4 persons.)

Boiled Custard.

1½ teaspoonfuls cornflour.
1 pint milk.
2 eggs.

Flavouring.
3 teaspoonfuls sugar.

Mix the cornflour smoothly with a little of the cold milk, and boil the rest. Beat up the eggs, and add them to the cornflour; add the milk gradually, stirring all the time. Return to the saucepan, and cook slowly until thick, stirring all the time. Add the sugar and flavouring, and turn into a basin. It is best to use a copper or a double saucepan for this.

Damson Jelly.

The syrup from a bottle of damsons.
½ oz. gelatine to 1 pint syrup.
6 oz. sugar.

Put the syrup, gelatine, and sugar into a saucepan, and stir over the fire until the gelatine has dissolved. Pour into a wet china mould. Leave until set. Turn out, and serve with cream.

Hasty Pudding.

1 pint milk.
Pinch of salt.
3 oz. flour.

Put the milk and salt into a saucepan; when boiling, stir in the flour, and cook for ten minutes, stirring well. Turn on to a hot dish, and serve at once with demerara

sugar. The pudding should have the appearance of bread sauce when finished.

(Enough for 4 persons.)

Honeycomb Pudding.

1 pint milk.

$\frac{1}{2}$ oz. gelatine.

2 new-laid eggs.

2 oz. sugar.

$1\frac{1}{2}$ teaspoonfuls essence
of vanilla.

Put the milk into a saucepan with the gelatine, and stir over the fire until the gelatine has dissolved. Separate the yolks and whites of eggs, and beat the yolks and sugar together; add the milk, etc. Return to the saucepan, and cook over the fire until it thickens, stirring well. Take off the fire; add the essence of vanilla and whites of eggs, which have been beaten until stiff. Mix lightly, and pour into a wet mould. Leave until set. Turn on to a glass dish, and serve.

(Enough for 5 persons.)

Jam Roly-Poly.

Boiled crust (see p. 39).

$\frac{1}{2}$ lb. jam.

Roll out the crust into a square shape, and spread with the jam; brush the edges round with water, and roll up. Place in a floured pudding-cloth; tie up the ends with string, and boil for one hour. Remove the cloth, place the pudding on a hot dish, and serve at once.

(Enough for 6 persons.)

Junket.

1 quart milk.	2 teaspoonfuls essence of
$\frac{1}{8}$ teaspoonful ground cinnamon.	rennet.
2 teaspoonfuls sugar.	A little nutmeg.
1 tablespoonful brandy.	$\frac{1}{4}$ pint cream.

Put the milk into a saucepan, and warm to 100° F. Put the sugar, cinnamon, and brandy into a glass dish ; mix well. Add the milk, and stir in the rennet. Let it stand without moving until cold and set. Grate the nutmeg over the top. Whip the cream slightly, and place it on top. Serve at once.

(Enough for 6 persons.)

Chocolate Junket.

2 oz. chocolate (Cadbury's	$\frac{1}{4}$ teaspoonful essence of vanilla.
Mexican).	$1\frac{1}{2}$ teaspoonfuls essence of
1 pint milk.	rennet.
$\frac{1}{2}$ oz. sugar.	$\frac{1}{4}$ pint cream.

Grate the chocolate, and dissolve it in two tablespoonfuls of the milk ; add the sugar, vanilla, and the rest of the milk, and warm to 100° F. Pour into a china dish, mix in the rennet, and leave till cold and set without disturbing it. Whip the cream slightly, and put it on the top of the junket.

Lemon Jelly.

6 oz. loaf-sugar.
 $1\frac{1}{2}$ oz. gelatine.
 $1\frac{1}{2}$ pints water.
 5 lemons.

1 inch cinnamon.
 1 clove.
 Whites and shells of
 2 eggs.

Put the sugar, gelatine, and water into a saucepan. Stir over the fire until the gelatine has dissolved. Add the clove and cinnamon. Peel three of the lemons very thinly; squeeze the juice of all, and make it up to $\frac{1}{2}$ pint with water. Add the lemon-rind, juice, the whites of eggs slightly beaten, and the shells crushed, to the gelatine, etc. Whisk over the fire until boiling. Leave for ten minutes, and then strain through a scalded tea-cloth. See notes on clear jelly, p. 163.

Orange and Banana Custard.

4 oranges.
 8 bananas.
 3 oz. sugar.
 $1\frac{1}{2}$ gills cream (whipped).

1 pint custard (using 2 tea-spoonfuls cornflour, see p. 197).

Peel the oranges, and remove all the white part. Cut them up into slices. Peel the bananas and cut them up. Arrange the oranges and bananas in a glass dish, in layers with the sugar. Pour over the custard, which must be cool, and put the cream on top.

(Enough for 8 persons.)

Pineapple Mould.

3 oz. tapioca.
2 oz. sugar.
Salt.

$\frac{1}{2}$ pint milk.
1 small tin pineapple
chunks.

Crush the tapioca, and soak it in the milk for a few hours. Pour it into a saucepan with a pinch of salt, and cook gently for one hour. Add the sugar, the pineapple (shredded), and the juice. Mix well, and pour into a wet mould. Serve with cup custard.

Raspberry Pyramid.

Boiled crust (see p. 39, using 8 oz. flour, etc.).
 $\frac{1}{2}$ lb. raspberry jam.

Butter a basin or jam-jar. Roll out the crust thinly, and cut into rounds the size of the jar or basin (if a basin is used, the rounds must be graduated). Put a round of pastry at the bottom of the jar, and then a layer of jam. Fill up the jar in this way, having pastry last. Cover with buttered paper, and steam for two hours. Turn on to a hot dish, and serve immediately.

(Enough for 6 persons.)

Rice Pudding.

2 oz. rice.
Pinch of salt.
 $\frac{1}{2}$ oz. sugar.

1 pint milk.
Nutmeg or cinnamon.

Put the rice, salt, and sugar into a pie-dish; add the milk, and mix well. Grate the nutmeg on top, or sprinkle with the cinnamon. Bake in a slow oven for two hours or longer.

(Enough for 3 persons.)

Sponge-Cake Pudding.

Sponge cake as for chestnut and banana gâteau (double quantity).	2 oz. sugar.
3 tablespoonfuls raspberry jam.	1 lemon.
	$\frac{1}{2}$ pint water.
	1 dessertspoonful apricot jam.
	1 pint custard (see p. 197).

Cut the sponge cake into slices, and spread with the raspberry jam, and put together again. Cut into ten pieces, and place them in a glass dish. Put the lemon-rind, water, and sugar into a saucepan, and boil for ten minutes. Add the lemon-juice and apricot jam. Strain, and pour it over the sponge cake. Pour the custard over, taking care that the sponge cake is entirely covered with it.

(Enough for 10 persons.)

Tapioca Cream.

3 oz. tapioca.	$\frac{1}{2}$ pint cream.
1 pint milk.	$\frac{1}{4}$ lb. ratafias.
2 laurel-leaves.	$\frac{1}{2}$ gill sherry.
1 oz. sugar.	4 pistachio nuts (blanched).

Well wash the tapioca, and soak it in the milk for twelve hours. Put it into a saucepan with the laurel-leaves, and cook until tender. Turn into a basin; add the sugar, and when cool, the cream whipped. Put some of the ratafias into a glass dish, and soak them with the sherry. Put the tapioca on top, and decorate with the rest of the ratafias and chopped pistachio nuts.

(Enough for 8 persons.)

Wheat-Crystal Mould.

2 oz. wheat crystal.	1 egg.
Pinch of salt.	1½ oz. sugar.
1 pint milk.	Flavouring.

Mix the wheat crystal smoothly with some of the milk. Put the rest into a saucepan with the salt, and boil it. Beat up the egg, and add it to the wheat crystal. Pour the boiling milk on to the wheat crystal, return to the saucepan, and stir over the fire for ten minutes. Add the sugar and flavouring. Pour into a mould which has been rinsed in cold water, and leave until cold.

(Enough for 5 persons.)

Wholemeal Pudding.

1½ oz. demerara sugar.	Rind of 1 lemon (grated).
6 oz. wholemeal bread-crumbs.	½ teacupful treacle (barely).
2 oz. butter.	1 egg.
	½ teacupful milk (barely).

Well butter a pint basin, and coat with some of the sugar. Rub the butter into the breadcrumbs; add the rest of the sugar and the lemon-rind. Beat up the egg, and add the milk to it. Make a hole in the centre of the dry ingredients, and add the egg, milk, and treacle. Mix well. Pour into the basin, and cover with buttered paper. Steam for two hours. Serve with sweet sauce (see p. 36).

Banana Salad.

1 lb. bananas (weighed after peeling).
 1½ oz. sugar.
 1½ tablespoonfuls lemon-juice.

Cut the bananas into slices ; put them into a basin with the sugar and lemon-juice ; mix together. Cover over, and leave for one hour. Turn into a glass dish, and serve.

(Enough for 6 persons.)

Banana and Orange Salad (No. 1).

8 oz. bananas (weighed after peeling).
 4 oranges, weighing about 4 oz. each.
 2 oz. sugar.

Cut the bananas into slices ; peel three of the oranges, and divide into sections ; remove the pips. Put the orange and bananas into a basin with the sugar and juice of the remaining orange. Cover over, and leave for one hour. Turn into a glass dish, and serve.

(Enough for 6 persons.)

Banana and Orange Salad (No. 2).

8 oz. bananas (weighed after peeling).	2 oz. loaf-sugar.
4 oranges, weighing about 4 oz. each.	1 gill water.
	1 dessertspoonful lemon-juice.

Cut the bananas into slices, and put them into a basin. Rub the sugar on the orange-rinds, and put it into a saucepan with the water. Boil for five minutes ; add the

juice of one orange and the lemon-juice. Peel the rest of the oranges, and divide into sections, removing the pips. Put them into the basin with the bananas, and strain the syrup over. Cover, and leave for one hour. Turn into a glass dish, and serve.

(Enough for 6 persons)

Fruit Salad, Summer.

6 oz. cherries or greengages.

4 oz. grapes.

12 oz. tinned pear, peach, or pineapple.

4 oz. oranges (weighed after peeling).

4 oz. bananas (weighed after peeling).

$\frac{1}{2}$ oz. almonds.

A few pistachio nuts.

1 gill syrup from the tin of fruit.

Stone the cherries ; skin and stone the greengages and grapes. Cut the pear, pineapple, or peaches into small pieces. Divide the orange into sections ; slice the banana. Blanch and shred the almonds and pistachio nuts. Mix all these ingredients in a basin with the syrup. Turn into a glass dish, and serve.

(Enough for 6 persons.)

Fruit Salad, Winter (No. 1).

4 oz. stewed prunes.

12 oz. tinned pineapple.

8 oz. oranges (weighed after peeling).

4 oz. bananas (weighed after peeling).

1 oz. glacé cherries.

1 gill syrup from pineapple.

Stone the prunes, and divide them in halves. Cut up the pineapple. Divide the orange into sections, and slice

the banana. Cut the cherries in halves. Mix all these ingredients with the syrup. Turn into a glass dish, and serve.

(Enough for 6 persons.)

Fruit Salad, Winter (No. 2).

16 oz. tinned peaches.
6 oz. stewed prunes.
1½ gills syrup from peaches.

6 oz. bananas (weighed after peeling).

Cut the peaches into small pieces. Stone the prunes, and divide in halves; slice the bananas. Mix all these ingredients with the syrup. Turn into a glass dish, and serve.

(Enough for 6 persons.)

Fruit Salad, Winter (No. 3).

1 lb. apples.
4 oz. sugar.
½ pint water.
1 tablespoonful lemon-juice.

4 oz. stewed prunes.
8 oz. oranges (weighed after peeling).
1 oz. glacé cherries.

Peel and core the apples, and cut into quarters. Put the sugar and water into a saucepan, and boil for five minutes. Put in the pieces of apple, and cook gently, without breaking, until tender. Put the apples, syrup, and lemon-juice into a basin. Stone the prunes, and divide in halves. Divide the orange into sections, and remove the pips; cut the cherries in halves. Add these to the apple, etc., and when cold, turn into a glass dish, and serve.

(Enough for 6 persons.)

Raspberry Salad.

1 lb. raspberries.	4 oz. sugar.
8 oz. bananas (weighed after peeling).	1 tablespoonful lemon- juice.

Put the raspberries into a basin with the bananas, cut in slices ; add the sugar and lemon-juice. Mix together. Cover over, and leave for one hour. Turn into a glass dish, and serve.

(Enough for 6 persons.)

Strawberry Salad.

1 lb. strawberries.	4 oz. sugar.
8 oz. bananas (weighed after peeling).	1 tablespoonful lemon- juice.

Divide the strawberries in halves, and slice the bananas. Put them into a basin with the sugar and lemon-juice. Mix together. Cover over, and leave for one hour. Turn into a glass dish, and serve.

(Enough for 6 persons.)

CHAPTER XVI

MISCELLANEOUS

Baking-Powder.

$\frac{1}{2}$ lb. bicarbonate of soda.
6 oz. tartaric acid.
 $\frac{1}{4}$ lb. rice flour.

PASS the bicarbonate of soda and tartaric acid through a sieve, add the rice flour, and pass through a sieve two or three times to mix thoroughly. Place in tins, and keep in a dry place.

Brown Bread (No. 1).

1 lb. wholemeal.	1 teaspoonful salt.
$\frac{1}{2}$ lb. white flour.	$\frac{1}{2}$ pint milk.
2 large teaspoonfuls baking- powder (home-made).	$\frac{1}{2}$ pint water.

Mix the wholemeal, white flour, baking-powder, and salt together; add the milk and water. Mix quickly. Put into two buttered bread-tins, and bake for one hour.

Brown Bread (No. 2).

2 $\frac{1}{2}$ lb. wholemeal.	1 teaspoonful sugar.
1 lb. white flour.	1 $\frac{1}{2}$ pints tepid water.
1 oz. yeast.	$\frac{1}{2}$ oz. salt.

Make as for white bread (p. 209).

White Bread.

8½ lb. flour.

1 oz. German yeast.

1 teaspoonful castor-sugar.

1½ pints tepid water.

½ oz. salt.

Pass the flour through a sieve into a warm basin, and make a hole in the centre. Break up the yeast in a small basin; add the sugar, and mix until liquid. Pour into the hole in the flour; add the water, and stir in the flour from the sides until a thick batter is formed. Sprinkle the top with flour, and put the salt round the edge. Cover over, and put in a warm place for half an hour. Knead into a firm dough. The pan should be quite clean, and on cutting the dough through it should be smooth and free from dry bits. Cover over, and put in a warm place for one and a half to two hours. It should swell to more than double its size. Turn the dough on to a floured board, and make into two loaves. Put on to a floured tin, and bake for one to one and a half hours.

Milk Rolls (No. 1).

1 lb. flour.

1 teaspoonful salt.

½ oz. yeast.

1 teaspoonful sugar.

1 oz. butter.

½ pint milk (barely).

1 egg.

Pass the flour and salt through a sieve into a warm basin. Cream the yeast and sugar. Put the butter and milk into a saucepan; when warm, add them to the egg (beaten). Add these to the yeast, and mix into the flour. Leave to rise from one to one and a half hours in a warm place. Turn on to a floured board, divide into eighteen

pieces, and shape. Put on to a buttered tin, and leave in a warm place for fifteen minutes. Bake in a hot oven for fifteen minutes. These rolls will keep for three or four days, and may be made hot by dipping them in milk, and then placing them in the oven for a few minutes.

Milk Rolls (No. 2).

1 lb. flour.	1 oz. butter.
$\frac{1}{2}$ teaspoonful salt.	1 egg.
1 teaspoonful home-made baking-powder.	Enough milk to make $\frac{1}{2}$ pint with the egg.

Pass the flour, salt, and baking-powder through a sieve. Rub in the butter. Beat up the egg, put it into a $\frac{1}{2}$ -pint measure, and fill it up with milk. Add the milk and egg to the flour, and mix quickly. Turn on to a floured board; divide into twelve; make each piece into a ball, and then into a long shape. Place on a buttered tin, and bake in a quick oven for fifteen minutes. These rolls may be warmed by dipping them in milk, and then placing them in the oven for a few minutes.

Brown Scones.

$\frac{1}{4}$ lb. white flour.	2 teaspoonfuls cream of tartar.
$\frac{1}{4}$ teaspoonful salt.	$\frac{3}{4}$ lb. wholemeal.
1 teaspoonful bicarbonate of soda.	3 oz. butter.
	$\frac{1}{2}$ pint milk.

Pass the white flour, salt, bicarbonate of soda, and cream of tartar through a sieve; add the wholemeal, and rub in the butter. Make a hole in the centre, and add the milk all at once. Mix quickly; turn on to a floured

board ; roll out ; cut into shapes. Put on to a buttered tin, and bake for ten minutes ; or put on a hot girdle and cook over the fire, turning the scones once.

White Scones.

1 lb. flour.	3 oz. butter.
$\frac{1}{4}$ teaspoonful salt.	$\frac{1}{2}$ oz. sugar (if liked).
1 teaspoonful bicarbonate of soda.	1 egg.
2 teaspoonfuls cream of tartar.	Milk to make $\frac{1}{2}$ pint with egg.

Pass the flour, salt, bicarbonate of soda, and cream of tartar through a sieve ; rub in the butter, and add the sugar. Beat up the egg ; put it into a $\frac{1}{2}$ -pint measure, and fill it up with milk. Make a hole in the centre of the flour, etc., and add the milk all at once. Mix quickly, and turn on to a floured board. Roll out ; cut into shapes ; place them on a buttered baking-sheet, and bake for ten minutes ; or put on to a hot girdle and cook over the fire, turning the scones once.

Oat Cakes.

6 oz. medium oatmeal.	1 gill boiling water.
$\frac{1}{8}$ teaspoonful salt.	1 oz. groats.
$1\frac{1}{2}$ oz. butter.	

Mix the oatmeal and salt together. Melt the butter, and add it to the oatmeal. Add the boiling water and mix well. Turn on to a board well floured with groats, and roll out very thinly. Cut out, and cook on a hot girdle over the fire for about twenty minutes ; or place on a buttered tin, and dry on the top of the stove for fifteen minutes, then bake in a slow oven for twenty minutes.

Oatmeal Porridge.

$\frac{1}{4}$ lb. Scotch oatmeal.
1 quart boiling water.
Salt.

Have the water quite boiling in the saucepan. Sprinkle in the oatmeal, stirring well with a wooden spoon. Cook for about ten minutes, stirring all the time. Add the salt. Put on the lid of the saucepan, and cook gently for two hours. Stir from time to time. Turn into a hot dish, and serve with hot or cold milk or cream.

Bottled Damsons.

Choose firm, dry fruit. Put the glass bottles into the oven to warm ; nearly fill with the fruit ; then put into the oven until the fruit is warm. Pour over enough boiling water to come about 3 inches above the fruit ; then pour in enough oil to form a layer $\frac{1}{2}$ -inch deep. Put on to a shelf at once, where they will not be disturbed until wanted for use. Remove the oil carefully, and use as fresh fruit. If there is more syrup than is required to use with the fruit, it can be used for damson jelly (see p. 197).

To Peel Chestnuts.

1 lb. chestnuts.
1 oz. butter.

Wash the chestnuts, and cut off a small piece of the skin. Melt the butter in a frying-pan, and cook the chestnuts in it for twenty minutes. It will then be found quite easy to remove both skins.

To Skin Tomatoes.

Dip the tomatoes one at a time into quite boiling water, so that they are completely covered, and then into cold water. Remove the skin. If the tomatoes are allowed to remain in the hot water they will become soft and sodden.

Chutney.

3 pints green gooseberries or tomatoes.	$\frac{1}{2}$ lb. raisins (stoned and chopped).
$2\frac{1}{2}$ pints vinegar.	1 lb. raw sugar.
$\frac{1}{4}$ lb. Spanish onion (chopped).	$\frac{1}{4}$ lb. mustard-seed (crushed).
3 oz. salt.	$\frac{1}{4}$ lb. bruised ginger.

Cut up the tomatoes or gooseberries, and boil them with half of the vinegar to a pulp. Add the rest of the vinegar and all the other ingredients. The ginger and mustard-seed must be tied in muslin. Boil for half an hour. Remove the ginger and mustard-seed. Put into jars and tie down.

Seasoning Salt.

1 oz. salt.	$\frac{1}{4}$ teaspoonful lemon-thyme.
$\frac{1}{2}$ oz. peppercorns.	2 allspice.
1 bay-leaf.	

Pound all the ingredients well together. Rub through a wire sieve, and keep in an air-tight tin.

Mincemeat.

1 lb. raisins.	$\frac{1}{4}$ lb. oranges.
1 lb. currants.	$\frac{1}{2}$ lb. demerara sugar.
1 lb. grapes.	$\frac{1}{4}$ teaspoonful salt.
2 lb. apples.	$\frac{1}{2}$ teaspoonful cinnamon.
$\frac{1}{4}$ lb. citron.	Rind and juice of 1 lemon.

Prepare the fruit (the grapes must be skinned and stoned), and chop each one separately; then mix together,

and add the sugar, salt, and spice. Chop altogether; add the lemon-juice, and mix well. Put into glass jars, and cover over.

Sage and Onion Stuffing.

3 large Spanish onions.
2 oz. butter.
1 tablespoonful sage.

Pepper, salt, and cayenne.
 $\frac{1}{2}$ lb. breadcrumbs.
2 yolks of eggs.

Skin, blanch, and chop up the onions; cook in the butter for fifteen minutes. Add the sage, seasoning, breadcrumbs, and eggs. Mix well together.

Thyme Stuffing.

4 oz. breadcrumbs.
3 teaspoonfuls chopped parsley.
 $\frac{1}{2}$ teaspoonful lemon-thyme and marjoram.

$\frac{1}{2}$ teaspoonful grated lemon-rind.
Salt, pepper, and cayenne.
1 yolk of egg.
A little milk.

Mix all the dry ingredients together; add the butter (melted), the yolk of egg, and about a tablespoonful of milk. Mix well together.



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